



GROUP EXERCISE SCHEDULE

Don Sjogren Community YMCA Sept 6-Oct 28

■ Cardio
 ■ Water
 ■ Low Impact
 ■ Mind, Body
 ■ Strength

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning					
5:30 a.m.	Cycling Ben (60 min)	Fit & Flex (60 min)	Cycling Ben (60 min)	Fit & Flex (60 min)	Cycling Ben (60 min)
8:00 a.m.	Chair Yoga Michelle (45 min)	Water Wake Up Connie J (60 min)	Chair Yoga Michelle (45 min)	Water Wake Up Connie J (60 min)	Chair Yoga Michelle (45 min)
8:15 a.m.	Dance Fusion Laurel (45 min)	Fit 4 Life Holly (45 min)	Sculpt & Stretch Tab (30min)	Instructors Choice Laurel (45 min)	Strength & Stretch Holly (45 min)
8:45 a.m.			Kickboxing Blitz Tab (30 min)		
9:15 a.m.	Kickboxing Laurel (30 min)	Strength Builders Holly (30 min)	Sport Laurel (45 min)	Pound Laurel (30 min)	Yoga Michelle (30 min)
9:45 a.m.	Rip Laurel (30 min)			Rip Laurel (45 min)	
10:00 a.m.			Barre Laurel (30 min)		
10:15 a.m.	PiYo Laurel (30 min)				
Evening					
5:15 p.m.	Ripped & Chiseled Steph (30 min)	TRX Steph (30 min)	Cycling Pat (30 min)	Power Bounce Angle (30 min)	
5:30 p.m.	Aqua Blast Stephanie (45 min)	Aqua Blast Tami (45 min)	Aqua Blast Teresa (45 min)	Aqua Blast Tami (45 min)	
5:45 p.m.	HIIT Steph (30 min)	Insanity Steph (30 min)	TRX Pat (30 min)		
6:30 p.m.	Yoga Annette (60 min)	Gentle Yoga Annette (60 min)			

Saturday Sampler Classes
September 17th - 9:15 a.m.



Class Descriptions

STRENGTH CLASSES

RIP is a barbell class designed by top fitness professionals from the Group RX program. Traditional exercises are matched to energizing music to create a simple, fun and powerful way to strength train. The 45 minute RIP classes will hit all the major muscle groups.

TRX Men's Health named TRX the best new "Total Body Tool." Celebrities and pro athletes are calling it their favorite workout. TRX develops cardiovascular fitness, strength, power, balance and core stability simultaneously.

Fit & Flex Strength training workout emphasizing toning and muscle definition with a variety of weight lifting formats; targets every major muscle group.

Ripped & Chiseled A Mixture of RIP and other strength drills you are guaranteed to leave this class feeling chiseled.

WATER CLASSES

Water Wake-Up This gentle low-impact water aerobics class will get you going in the morning, focusing on improving cardiovascular fitness, strength and flexibility while easing impact to the joints.

Aqua Blast Get moving with cardio water aerobics using water dumbbells, noodles, balls, resistance bands & more. A high intensity workout with less stress to the joints than land based exercise

LOW-IMPACT CLASSES

Fit for Life Get a full body workout in a low impact land class that will focus on cardio, strength, and flexibility set to music geared for the older adult.

Strength & Stretch Join us for a full body strengthening workout using weights. Stay for a relaxing stretch to finish the class.

Sculpt & Stretch Join Tab for a fun low impact workout that starts with sculpting and finishes with a refreshing stretching routine. Perfect for all abilities and fitness levels



CARDIO CLASSES

Instructors Choice This class will surprise you! Let Laurel pick your workout for the day from a variety of options.

Insanity No need to be in extreme shape to participate in Insanity. This class focuses on Max Interval Training to keep you working at your maximum capacity through the entire workout.

Strength, Core & More Join Steph for a surprise class. It could be anything from Axis to Circuit Burn to Rowing, you are sure to get a great workout.

Kickboxing is a group class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout

HIIT a great blend of cardiovascular exercises to get a fabulous calorie burn. Simple bodyweight movements that get your blood flowing and your heart pumping.

Dance Fusion Join us for the hottest, calorie burning workout around! Dance Fusion is exercise in disguise. You will be having so much fun dancing, shaking and moving you'll forget you're working out! Dance ability not needed, just the ability to have fun while you work out.

Fit Camp Get fit and fired up with this high intensity cardio class. This bootcamp inspired workout will challenge and inspire you with a variety of exercises.

Kickboxing Riff Pull the bags out for a drills focused kickboxing workout. Get ready to kick, punch, and sweat your way to a great workout.

Cycling Instructors will lead you through a series of climbing hills and sprinting flats in a cardio workout incorporating the mind, body, and spirit. Class will be followed by strength work for abs, arms, or legs on different days of the week.

Pound Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out.

Sport Using a step, dumbbells and bodyweight, SPORT, is total-body training that improves strength, balance, agility, speed, mental focus, cardio function, coordination, and more. Layered execution options are inclusive and achievable by most people.

Power Bounce Join Angle for a fun trampoline class with strength mixed in for a complete workout. Get all the detoxing benefits of bounce with the added toning of weights.

MIND, BODY CLASSES

Yoga Improve your ability to relax and deal with stress in this class, open to all levels and abilities. It focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness. You will learn techniques to help you gain flexibility.

Chair Yoga is practiced sitting on a chair or using a chair for support. It is especially suitable for older adults, people with balance or coordination issues, and those with disabilities.

PiYo This low-impact, high intensity workout combines the muscle sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga. With cranked up speed and fluid transitions, you will get your strength, sweat and stretch on in each workout.

Barre Blends cardio, strength training, flexibility, balance, and core conditioning in a total body workout that targets the hips, glutes, abs, and arms.