



# GROUP EXERCISE SCHEDULE

## Don Sjogren Community YMCA Jan 2–Mar 3

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

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b>					
5:30 a.m.	<b>Cycling</b> Ben (60 min)	<b>Fit &amp; Flex</b> (60 min)	<b>Cycling</b> Ben (60 min)	<b>Fit &amp; Flex</b> (60 min)	<b>Cycling</b> Ben (60 min)
8:00 a.m.	<b>Chair Yoga</b> Marlene (45 min)	<b>Water Wake Up</b> Connie J (60 min)		<b>Water Wake Up</b> Connie J (60 min)	
8:15 a.m.	<b>Dance Fusion</b> Laurel (45 min)	<b>Fit 4 Life</b> Holly (45 min)	<b>Fit Camp</b> Angel (45 min)	<b>Instructors Choice</b> Laurel (45 min)	<b>Strength &amp; Stretch</b> Holly (45 min)
9:00 a.m.			<b>Mind &amp; Body</b> Angel (30 min)		
9:15 a.m.	<b>Sport</b> Laurel (45 min)	<b>Strength Builders</b> Holly (45 min)		<b>Rip</b> Laurel (45 min)	
9:30 a.m.			<b>Butts &amp; Guts</b> Angel (45 min)		
10:00 a.m.	<b>Barre</b> Laurel (30 min)			<b>PiYo</b> Laurel (30 min)	
<b>Evening</b>					
5:15 p.m.	<b>Ripped &amp; Chiseled</b> Steph (30 min)	<b>TRX</b> Steph (30 min)	<b>Cycling</b> Pat (30 min)	<b>Power Bounce</b> Angel (30 min)	
5:30 p.m.	<b>Aqua Blast</b> Stephanie or Teresa (45 min)	<b>Aqua Blast</b> Tami (45 min)	<b>Aqua Blast</b> Teresa (45 min)	<b>Aqua Blast</b> Tami (45 min)	
5:45 p.m.	<b>HIIT</b> Steph (30 min)	<b>Insanity</b> Steph (30 min)	<b>TRX</b> Pat (30 min)	<b>Dancin' Motion</b> Kelsey (45 min)	
6:30 p.m.	<b>Yoga</b> Annette (60 min)	<b>Gentle Yoga</b> Annette (60 min)			



# 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.

**Strength Builders** Get fit and toned with this fun, energetic strength class. Join Holly for a variety of exercises designed to build strength.

**Butts & Guts** This 45 min, low impact strength class is focused on the building a better booty, and core.



## 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 exercis

## 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.

**Mind & Body** Is a restoration class that blends walking, stretching, and balance. It will have an emphasis on breathing and recovery.

## 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.

**Fit Camp** Have fun while getting fit! Let your instructor led you thorough a series of low impact, full body activates. Focusing on balance, fitness, strength, and flexibility.

**Instructors Choice** This class will surprise you! Let Laurel pick your workout for the day from a variety of options. From cardio to strength to fitness games this low impact class has it all.

## CARDIO CLASSES

**Dancin' Motion** Cardio-based dance fitness with easy to follow choreography. Move and grove to top trending songs with high and low intensity interval training for all skill levels.

**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.

**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.

**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.

**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.

**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.

