



GROUP EXERCISE SCHEDULE

Don Sjogren Community YMCA Nov 6–Dec 23

■ 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 Bonnie (60 min)	Cycling Ben (60 min)	Fit & Flex Bonnie (60 min)	Cycling Ben (60 min)
8:00 a.m.	Chair Yoga Marlene (45 min)	Water Wake Up Connie J (60 min)		Water Wake Up Connie J (60 min)	
8:15 a.m.	Dance Fusion Laurel (45 min)	Fit 4 Life Holly (45 min)	Instructors Choice Laurel (45 min)	Fit Camp Angel (45 min)	Strength & Stretch Holly (45 min)
9:00 a.m.	Pound Laurel (45 min)		Rip Laurel (45 min)		
9:15 a.m.					TRX Holly (45 min)
9:45 a.m.	Boot Laurel (30 min)		PiYo Laurel (30 min)		
12:15 p.m.			Butts & Gutts Angel (30 min)		Butts & Gutts Angel (30 min)
Evening					
5:15 p.m.	Full Body Stations Kelsey (45 min)		Core & Strength Stephanie (45 min)	Power Yoga Stephanie (45 min)	
5:30 p.m.	Aqua Blast Stephanie or Teresa (45 min)	Aqua Blast Tami (45 min)	Aqua Blast Teresa (45 min)	Aqua Blast Tami (45 min)	
6:30 p.m.	Yoga Annette (60 min)	Gentle Yoga Annette (60 min)			

No Classes

Nov 23rd & 24th — Thanksgiving
Dec 24 - Jan 1st — Christmas

Saturday Sampler Classes

November 25th—Turkey Burner 9:00
December 16th—Holiday Hustle 9:00
Free Class, Please Register

Specialty Classes

Class	Dates	Day	Time	Instructor	Price
Boga	Nov 6—27	Mondays	6:30 pm	Pat	\$30 M / \$50 NM
Bungee	Nov 2—30	Thursdays	6:30 pm	Angel	\$35 M / \$50 NM
Bungee	Nov 7—28	Tuedays	5:00 pm	Kelsey	\$35 M / \$50 NM



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.

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

Core & Strength Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger.

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.



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.

Power Yoga Power yoga, which is also known as Vinyasa yoga, is a fast-paced style of yoga that's focused on building strength and endurance. It is also an excellent form of yoga for burning calories.



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 lead you through 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

Full Body Stations join Kelsey for a full body interval workout utilizing stations. This fun workout offers a variety of exercises to give you a great overall workout.

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.

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

BOOT is a 30-minute fusion of cardio, strength, balance & flexibility, it increases strength and heart/lung function, improves posture and increases flexibility. The objective is to continually "shock" the body, as research demonstrates that it is the most efficient and effective way to improve your cardiovascular system, lose weight and build muscle. BOOT is for all able-bodied people of all ages. Varied intensity levels allow beginners to successfully work alongside high-level athletes.