



# GROUP EXERCISE SCHEDULE

## Don Sjogren Community YMCA May 6 — June 30

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

START TIME      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

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> Bonnie (60 min)	<b>Cycling</b> Ben (60 min)	<b>Fit &amp; Flex</b> Bonnie (60 min)	<b>Cycling</b> Ben (60 min)
8:00 a.m.	<b>Exercise &amp; More</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>Instructors Choice</b> Laurel (45 min)	<b>Sit &amp; Tone: Band Power</b> Angel (45 min)	<b>Strength &amp; Stretch</b> Holly (45 min)
9:00 a.m.	<b>Pound</b> Laurel (45 min)		<b>Rip</b> Laurel (45 min)		
9:15 a.m.					<b>TRX Power</b> Holly (45 min)
9:45 a.m.	<b>Shape Up</b> Laurel (30 min)		<b>PiYo</b> Laurel (30 min)		
12:15 p.m.			<b>Lunchtime Lift: Butts &amp; Gutts</b> Angel (30 min)		<b>Lunchtime Lift: Butts &amp; Gutts</b> Angel (30 min)
<b>Evening</b>					
5:15 p.m.	<b>Full Body Stations</b> Kelsey (45 min)	<b>Core &amp; Strength</b> Stefanie (45 min)	<b>H.I.I.T.</b> Holly (30 min)	<b>Muscle Care &amp; Conditioning</b> Stefanie (45 min)	
5:45 p.m.			<b>Strength Builders</b> Holly (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)	
6:30 p.m.	<b>Yoga (May Only)</b> Annette (60 min)	<b>Gentle Yoga (May Only)</b> Annette (60 min)			

No Classes

May 26th—Memorial Day

### Specialty Classes

Class	Dates	Day	Time	Instructor	Price
Bungee	June 6—27	Thursdays	6:30 pm	Pat	\$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 Power** TRX develops cardiovascular fitness, strength, power, balance and core stability simultaneously. This class adds TRX to other equipment and weights to add diversity.

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

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

**Lunchtime Lift: Butts & Guts** Get ready to sculpt those butts and tighten the core. This 30-minute circuit-style workout is perfect for all fitness levels, focusing on exercises designed to tone and strengthen your glutes and core muscles. Join Angel for a quick & effective midday session that will leave you feeling strong and empowered!



**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.

**Shape Up** is a 30 min class that takes the arms, shoulders, back and core pieces of rip for a targeted upper body workout.

## 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.

**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.

**Gentle Yoga** Yoga with a gentle touch. This class gives you a great yoga work out toned down to fit everyone's fitness level.



## 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.

**Sit & Tone: Band Power** Rise and shine with our Thursday morning fitness fiesta at 8:15 AM! Join Angel for a seated fitness revolution tailored for anyone. Now incorporating bands and light weights to boost those energy levels!

**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.

**Exercise and More** This low impact class is designed to keep you moving with the support of a chair. Enjoy fun movements and light weights to stay fit, increase flexibility, and keep moving while using a chair for support.

## CARDIO CLASSES

**HIIT** High Intensity Interval Training. A great blend of cardiovascular exercises to get a fabulous calorie burn. Simple bodyweight movements that get your blood flowing and your heart pumping.

**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

## 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.