






































# Group Exercise Schedule January 2 — February 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>GROUP POWER</b> 6:00 A	6:00 - 6:30 am CORE A	 <b>GROUP POWER</b> 6:00 A	6:00 - 6:30 am CORE A	6:00-7:00 am PIYO A	8:00 - 8:30 am \$\$ E <sup>2</sup> G	
 <b>GROUP ACTIVE</b> ACTIVATE YOUR LIFE! 7:00	 <b>GROUP STEP</b> 6:35	 <b>GROUP ACTIVE</b> ACTIVATE YOUR LIFE! 7:00	 <b>GROUP STEP</b> 6:35		8:00 - 8:55 am Corebar (NO CLASS 2/4) A	
9:00-9:30 Step 9:30-10:00 	 <b>GROUP POWER</b> 9:00	9:00-9:55 am Cardio Fusion A	 <b>GROUP POWER</b> 9:00	 <b>GROUP STEP</b> 9:00	 <b>GROUP ACTIVE</b> ACTIVATE YOUR LIFE! 9:05	 <b>GROUP STEP</b> 9:10
 <b>GROUP ACTIVE</b> ACTIVATE YOUR LIFE! 10:10	 <b>GROUP ACTIVE</b> ACTIVATE YOUR LIFE! 10:10	 <b>GROUP ACTIVE</b> ACTIVATE YOUR LIFE! 10:10	 <b>GROUP ACTIVE</b> ACTIVATE YOUR LIFE! 10:10	 <b>GROUP ACTIVE</b> ACTIVATE YOUR LIFE! 10:10	 <b>ZUMBA</b> 10:10 - 11:00	 <b>GROUP POWER</b> 10:10
10:30 - 11:00 am Beginner Cardio G		10:30 - 11:00 am Beginner Cardio G		10:30-11:15 a.m. Zumba Gold		
11:10 - 11:55am Group Power GOLD A		11:10 - 11:55 am Group Power GOLD A				
11:15 Healthways  <b>Silver Sneakers</b> Fitness Program		11:15 Healthways  <b>Silver Sneakers</b> Fitness Program		11:15 Healthways  <b>Silver Sneakers</b> Fitness Program		
 <b>GROUP POWER</b> 12:00	12:00 - 12:30 pm CORE A	 <b>GROUP POWER</b> 12:00	12:00 - 12:30 pm CORE A	 <b>GROUP POWER</b> 12:00		
4:00-4:50 p.m. Zumba A	4:30 - 5:25 pm Turbo Kick A		 <b>GROUP groove</b> 4:30-5:25 GET A MOVE ON!			
5:00 - 5:30 pm CORE A		 <b>GROUP CORE</b> 5:00 - 5:30				
 <b>GROUP STEP</b> 5:35	 <b>GROUP ACTIVE</b> ACTIVATE YOUR LIFE! 5:35-6:30	 <b>GROUP STEP</b> 5:35	 <b>GROUP POWER</b> 5:35	 <b>ZUMBA</b> 5:35 - 6:30		YMCA HOURS Monday - Thursday 5 am - 9:30 pm
5:30 - 6:00 pm \$\$ E <sup>2</sup> G	 <b>GROUP POWER</b> 6:35	 <b>ZUMBA</b> 6:35 - 7:25	 <b>GROUP ACTIVE</b> ACTIVATE YOUR LIFE! 6:35 - 7:30			Friday 5 am - 9 pm
 <b>GROUP groove</b> GET A MOVE ON! 6:35-7: 25	7:15 - 8:15 pm HOOPING G		7:15 - 8:15 pm HOOPING G			Saturday 7am - 8:30 pm Sunday 9 am - 5 pm

Class Location: A = Adams Studio G=Gym

Check out our Wellness Schedule

## Group Exercise Descriptions

The best way to decide on a class is to visit the various classes. Each instructor has his/her own style and therefore adds variance to the class descriptions.

**The YMCA reserves the right to cancel, change instructors or eliminate without notice. A minimum average of 8 participants is needed to run the class.**

**Cardio Fusion:** any Fusion of Hi/Lo Aerobics (both low impact with one foot on the floor and some high impact moves with both feet off the floor such as jumping jacks, hopping etc.) and Reebok Step. **Lots of choreography. All fitness toys could be used.**

**Group Power®:** 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. This class is for all ages and fitness levels.

**Group Power GOLD:** This 45 minute barbell class, strengthens all your major muscles at a beginner pace.

**Zumba®:** Come try the hottest dance craze sweeping the country. Easy to follow steps, set to all different types of music. Prepare to sweat.

**Zumba Gold ®:** Easy to follow dance steps, for beginners.

**Core:** 30 minute class focusing on the core muscles, abs and back. Utilizes a variety of equipment.

**GroupCore®:** *Let's get Hard Core!* Train like an athlete in 30 action-packed minutes. Work your core, front to back, shoulders to hips, to improve your athletic performance, prevent back pain, and give you ripped abs!

**SilverSneakers® Muscular Strength & Range Of Movement :**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Group Active®:** Activate Your Life in only one hour! For the new or the infrequent exercisers.

Basic stepping, strength training, balance and flexibility all in one class.

**Group Step®:** Utilizes the step as an effective training tool and encourages a simple, fun and effective way to cardio train.

**Beginners Cardio:** This quick and easy low impact class, is a great place to start if your looking for a little heart pumping exercise. The class is also designed to accommodate people who want to use the step. Meets in the Wellness Center.

**Group Groove:** If you can move you can groove. You'll stomp, wiggle, jiggle, hip hop, shimmy shake glide and most importantly sweat your way thru a 60 minute dance inspired fitness class.

**Extreme Exertion 2:** This new 30 minute high intensity Callisthenic Circuit Class is for result oriented, avid exercisers looking to bring their fitness to the next level. Must pre-register at the Welcome Center. Cost.

**Turbo Kick®:** is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down.

**PiYO™** :is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

**Hoopng :** Learn the fundamentals of Hoop dance, feel good and have fun. Hooping helps tone your whole body, boost your metabolism, find rhythm and coordination, learn to engage your core muscles. Well behaved children accompanied by a participating adult are welcomed to join in.

**Corebar™** This one hour class consists of high intensity intervals & strength training to focus on your Power Center. Using a unique U-shaped weighted bar, Corebar™ is 30 minutes of high energy aerobic conditioning & 30 minutes of muscle conditioning that will increase your strength & improve balance & posture. Class caps at 30 participants so space is limited.