

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

OPEN SCHEDULE: Free to Members!!! Classes are held in the Aerobics Studio unless noted. The YMCA reserves the right to change classes as a result of low class numbers. All individuals ages 15+ are welcome.

Effective April 23, 2009

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:25-6:10 am		Jump Start		Jump Start			
6:00-7:00am	Total Body Conditioning		Total Body Conditioning		Boot Camp		
8:15-9:30am						Weekend Warrior	
8:30-9:30am	Step		Step		Step		
9:00-9:45 am		Simple Stretch Mind/Body		Simple Stretch Mind/Body			
9:00-9:45 am	Golden Yoga Mind/Body				Golden Yoga Mind/Body		
9:30-10:15am							
9:35-10:05am	Butts and Gutts		Upper Limits		Butts and Gutts		
9:50-10:35 am		Golden Yoga Mind/Body		Golden Yoga Mind/Body			
10:45-11:30am	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I	Silver Sneakers II	Silver Sneakers YogaStretch		
12:00-1:00 pm							Combo
12:15-12:45pm		Express Body Sculpt		Express Body Sculpt			
12:10-1:00pm	Step		Step		Step		
4:30-5:30pm	Combo	Step	Combo	Step	Total Body Conditioning		
5:40-6:40pm	Adv. Butts and Gutts	Super Step	Adv. Butts and Gutts	Super Step			
6:45-7:45pm	Total Body Conditioning	Zumba	Total Body Conditioning	Zumba			

YWATER FITNESS™

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Water Aerobics: Free to Members—Requires registration!!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00-7:00am		Splashing Combos Shallow-Taylor		Splashing Combos Shallow-Taylor			
8:00-8:45am	Lean and Mean Shallow-Taylor		Lean and Mean Shallow-Taylor		Lean and Mean Shallow-Taylor	Splashing Combos Shallow-Taylor	
8:30-9:30 am		Water Walking Taylor Pool		Water Walking Taylor Pool			
10:00-11:00am	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap		
5:00-6:00 pm			MS Water Exercise Class Shallow-Taylor				
5:30-6:25pm		Water Warrior Shallow-Taylor		Water Warrior Shallow-Taylor			
7:05-8:00pm	Aqua Challenge Shallow-Lap		Aqua Challenge Shallow-Lap				
	Deep Water Challenge Deep-Lap		Deep Water Challenge Deep-Lap				
8:05-9:00 pm	Aqua Challenge Shallow-Lap		Aqua Challenge Shallow-Lap				

Class descriptions on back

Open Group Exercise Classes free for Members (Ages 15+). No Registration Required!

- Kick 'N Tone** Guaranteed to make kickboxing fun and simple! Great cardiovascular workout. Low or high impact.
- Upper Limits** “Upper Limits” you to nothing. Accomplish everything you have always wanted for your upper body in this class.
- Boot Camp** Knock your boots off with this class that trains the whole body! May include running, jumping rope, push-ups, stations, stair running, and more! Class may go outdoors when weather permits.
- Step** If step is your thing, then you will love our high intensity aerobics on the Reebok step. New to step or a longtime fan, these classes will make you work and keep you moving. Features basic step moves to get your heart pumping, with floor, dance moves, or mind/body exercises thrown in to spice things up.
- Super Step** If step is your thing, then this class is for you! New to step or a longtime fan, this class will make you work and keep you moving.
- Total Body Conditioning** This strength and cardiovascular workout uses the latest body conditioning tools to tighten and tone while sweating to music! Try the latest training tools: Gliding discs, BOSU, Body Bars, stability ball, among others. Get ready to be worked!
- Butts and Guts** For a total core and butt workout. You are guaranteed to feel the burn! If 30 minutes just isn't enough, join us for a full hour for the advanced class!
- Advanced Butts and Guts** When a 30 minute class just isn't enough for you; this class is designed to challenge even the most experienced exerciser. Learn new ways to challenge your muscles.
- Simple Stretch** A stretching class for the whole body and every body. Class may use the stability ball. Please bring your own mat. Class held in mind/body studio.
- Express Body Sculpt** A 30 minute class that will add discipline and variety to your current strength workout. Different resistance techniques will be used to advance the exercises. A streamlined class for your busy day.
- Combo** Flexible class format. Creative class may include step, kickboxing, hi or low impact, gliding, and more.
- Weekend Warrior** End your week with a power packed class: 75 minutes of instructor choice.
- Zumba** Zumba combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries. Fun and easy to do. No experience necessary!
- Jump Start** There's no way to start your day like going to an aerobics class! Flexible class format may include step, weights, kickboxing, hi or low impact, and more!
- Golden Yoga** (Ages 62+) Gentle yoga class that improves range of motion, flexibility and strength, while promoting relaxation.
- Silver Sneakers** The nation's leading older adult exercise program that improves overall fitness and encourages social interaction. A comprehensive older adult fitness program that addresses the needs of the Medicare (65+) population. For more information, contact Joy Leafblad at 345-9813.
- Lean and Mean** Expect to be challenged! Class is fast moving and high-energy. May include the use of the noodles, loves, and even the water steps.
- Splashing Combos** A different workout each week. Try Aqua Step, Shallow water aerobics, and resistance training in the water. A class for all levels. Men and women welcome.
- Water Warrior** Bring out the warrior in you. Water aerobics class designed for all levels. May include Aqua Step and resistance training.
- Water Zone** Have fun and work out in the water! Class is designed to accommodate all levels.
- MS Water Exercise Class** A water aerobics class geared toward people living with multiple sclerosis. Instructor trained by the National MS Society.
- Aqua Challenge and Deep Water Challenge** Challenge yourself in the shallow or deep water. Modifications are given.

