



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# YMCA SUMMER GROUP EXERCISE SCHEDULE

Summer Session: June 25 through August 18  
 All classes run for an 8 week session unless otherwise noticed  
 See back for class descriptions

**ALL** Group Exercise Classes - **FREE** for Facility Members!

That's right Facility Members, take one or more Group Exercise classes at NO additional cost! Please register for the classes you choose to take at the Member Service Desk

\*Please note any class marked with an asterisk is a popular class and will fill up quickly

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30am Group Cycling*	5:45-6:30am Group Cycling*	5:45-6:30am Group Cycling*	5:45-6:30am Group Cycling*		
	8:15-8:45am Fit for Life	8:15-9:00am Morning Madness	8:15-8:45am Fit for Life		
9:15-10:15am Cardio & Strength*	9:00-10:00am Strength Train Together*	9:15-10:15am Cardio & Strength*	9:00-10:00am Strength Train Together*	9:15-10:15am Cardio & Strength*	9:00-10:15am Yoga*
	9:15-10:15am Zumba		9:15-10:15am Zumba		
10:30am-11:30am Zumba Gold	10:05-11:05am Gentle Yoga				10:30-11:30am Zumba
4:00-5:00pm 20-20-20	4:00-4:45pm Spin	4:00-5:00pm 20-20-20	4:00-4:45pm Spin		
	5:45-6:30pm Group Cycling		5:45-6:30pm Group Cycling		
6:00-7:00pm Strength Train Together	6:00-7:00pm Kickboxing*	6:00-7:00pm Strength Train Together	6:00-7:00pm Kickboxing*		
6:00-7:00pm Boot Camp	6:45-7:30pm Group Cycling		6:45-7:30pm Group Cycling		
7:15-8:15pm Zumba	7:00-8:00 Strong By Zumba	7:00-8:15pm Yoga	7:00-8:00 Strong By Zumba		
	7:05-8:05pm Y Muscle Max		7:05-8:05pm Y Muscle Max		

**Please note** - it is recommended that participants bring their own mat; there is a limited number of mats to borrow from the Y and are handed out on a first come, first served basis.

\*\*Youth Group Exercise Class (ages 11-14 years old)

Ages 15 and up are welcome to participate in any of our group exercise classes. Note: classes may be cancelled due to low participation, please check with the Member Service Desk for current schedule.

**GROUP EXERCISE CLASS FEE:**

**Facility Members:** ALL classes are **FREE** with a Facility Membership - please register at the Member Service Desk, space is limited

**Program Members\*:**      **Unlimited Classes:**  
 \$84.00 - 3 day/week class      Program Members - \$125.00/8 week session (Group Ex.)  
 \$73.00 - 2 day/week class  
 \$54.00 - 1 day/week class

**\*A minimum of an Annual Program Membership is required for all YMCA programs**

## Class Descriptions

<b>Cardio &amp; Strength Training:</b>	Cardio, strength, and interval training are the focus of this class.	<b>Davis Room</b>
<b>20-20-20:</b>	Total body workout with cardio and strength training to tone and define your entire body! 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core work and stretching.	<b>Riggins Room</b>
<b>Y Muscle Max:</b>	This class will increase your muscle strength and endurance using a variety of resistance equipment and body weight.	<b>Riggins Room</b>
<b>Zumba Gold:</b>	Zumba class for beginners and Active Older Adults who are looking for a modified Zumba Class that recreated the original moves you love at a lower intensity.	<b>Riggins Room</b>
<b>Zumba:</b>	A dance and cardio class that leaves you feeling good and sweaty!	<b>Riggins Room/MPC (Tues/Thurs)</b>
<b>Kickboxing:</b>	Kick, punch, and move your way to a great body with this traditional kickboxing class!	<b>Davis Room</b>
<b>Strong by Zumba:</b>	A high intensity, full body workout that combines body weight, resistance style, muscle conditioning, cardio and plyometric training movements synced to customized music to give you a challenging yet safe way to increase your fitness level like no other fitness program ever.	<b>Davis Room</b>
<b>Group Cycling:</b>	Stationary bike training designed to improve cycling power, endurance, and efficiency. A great workout!	<b>Rotary Room</b>
<b>Yoga*:</b>	Relax, rejuvenate, and refocus through Yoga. Work on your breathing, flexibility, and all over well-being in this class.	<b>Davis Room</b>
<b>Gentle Yoga*:</b>	Yoga at your own pace! Relax with this soothing and gentle workout!	<b>Davis Room</b>
<b>Boot Camp:</b>	Participants will be challenged both individually and through team or partner drills with a variety of cardio, strength training, and core exercises and some basic equipment, such as jump ropes, weights, steppers, resistance bands, etc. in a high intensity circuit.	<b>Davis Room</b>
<b>Strength Train Together:</b>	Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.	<b>AM - Davis Room PM - Riggins Room</b>
<b>Morning Madness</b>	Jump start your day with this powerful total body fitness class designed to push you to your limits. We will be combining strength based weight training, intense core work and short bursts of cardiorespiratory training to burn calories, build core strength, and improve functional movement. Get ready to have a blast with this workout that will take your fitness goals to the next level	<b>Davis Room</b>
<b>Fit For life</b>	Are you looking for a low impact total-body workout that is appropriate for all fitness levels? Then Fit for Life is the class for you. This class is designed to increase flexibility, joint stability, balance, coordination, agility, and muscular strength. You will use a chair, balls, light weights, and resistant bands while listening to the oldies but goodies music. Come out and join us!	<b>Davis Room</b>

**Please note** - it is recommended that participants bring their own mat; there is a limited number of mats to borrow from the Y and are handed out on a first come, first served basis.

**Attention Group Cycling Participants! Please arrive on time.** Those registered who are more than 7 minutes late may lose their bike to a member on the waitlist for that day.