



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YMCA WINTER GROUP EXERCISE SCHEDULE

Winter Session: January 2—February 24

All classes run for an 8 week session unless otherwise noticed

See back for class descriptions

NEW! 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30am Group Cycling		5:45-6:30am Group Cycling		
9:15-10:15am Cardio & Strength	9:00-10:00am Zumba	9:15-10:15am Cardio & Strength		9:15-10:15am Cardio & Strength	9:00-10:15am Yoga
	9:00-10:00am Strength Train Together		9:00-10:00am Strength Train Together		
10:30am-11:30am Zumba Gold	10:05-11:05am Gentle Yoga	10:30-11:30am Zumba			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		
	5:45-6:45pm Strength Train Together		5:45-6:45pm Strength Train Together		
6:00-7:00pm Y Total Body	6:00-7:00pm Kickboxing	6:00-7:00pm Y Total Body	6:00-7:00pm Kickboxing		
6:00-7:00pm Power UP*	6:45-7:30pm Group Cycling		6:45-7:30pm Group Cycling		
	7:00-8:00 Strong By Zumba	7:00-8:15pm Yoga			
7:15-8:15pm 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. The only classes that do not utilize mats are Zumba and Spin. Thank you!

*Youth Group Exercise Class (ages 11-13 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*:

\$84.00 - 3 day/week class

\$73.00 - 2 day/week class

\$54.00 - 1 day/week class

Unlimited Classes:

Program Members - \$125.00/8 week session (Group Ex.)

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

Class Descriptions

Cardio & Strength Training:	Cardio, strength, and interval training are the focus of this class.	Riggins Room
20-20-20:	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.	Riggins Room
Y Muscle Max:	This class will increase your muscle strength and endurance using a variety of resistance equipment and body weight.	Riggins Room
Y Total Body Workout:	This total body workout uses a combination of strength training and cardio to get you moving and feeling great.	Riggins Room
Zumba Gold:	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.	Riggins Room
Zumba:	A dance and cardio class that leaves you feeling good and sweaty!	Riggins Room/MPC (Tues/Thurs)
Zumba Step:	If you love Zumba and Step Aerobics, you will love this new class! A combination of both types of exercises, this class is fun and energizing as a new way to Zumba.	Riggins Room
Kickboxing:	Kick, punch, and move your way to a great body with this traditional kickboxing class!	Davis Room
Strong by Zumba:	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.	Davis Room
Group Cycling:	Stationary bike training designed to improve cycling power, endurance, and efficiency. A great workout!	Rotary Room
Yoga*:	Relax, rejuvenate, and refocus through Yoga. Work on your breathing, flexibility, and all over well-being in this class.	Davis Room
Gentle Yoga*:	Yoga at your own pace! Relax with this soothing and gentle workout!	Davis Room
Strength Train Together:	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.	Riggins Room
Power Up! (Youth Class):	For youth ages 11-13 years old. Class will focus on movement, strength, agility, and stretching through games and activities. Class will meet in the Davis Room but also utilize the Health & Adventure Center.	Davis Room & Health & Adventure Center

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