

# Group Exercise Schedule

## WINTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – 9:25 Cardio/Muscle Stacey	8:15 – 8:55 Muscle Pump Teri	8:30 – 9:25 Cardio/Muscle Stacey	8:15-8:55 Muscle Pump Teri	8:30 – 9:25 Cardio/Muscle Stacey	
9:35 – 10:30 Silver Sneakers Paige	9:05 – 10:00 Pilates Gayla	9:35 – 10:30 Silver Sneakers Paige	9:05-10:00 Pilates Gayla	9:35 – 10:30 Silver Sneakers Paige	8:30 – 9:30 Muscle Pump Lisa
	9:05-10:05 Boot Camp (gym) Nick		9:05-10:05 Boot Camp (gym) Nick		
	10:00 – 11:00 Gentle Yoga		10:00-11:00 Gentle Yoga Lexi		9:30 – 10:30 Zumba Peggi
1:00-2:00 Body Recall Maggie	Ballet 4:45-5:15 5:20-5:55 Kelly Lorenz	1:00-2:00 Body Recall Maggie		1:00-2:00 Body Recall Maggie	
5:30 – 6:30 Pilates Stephanie	6:00 – 7:00 Step Barbara	5:30-6:30 Pilates Stephanie	6:00-7:00 Step Stephanie L	5:30-7:00 Yoga/Pilates Stephanie	<b>SUNDAY</b> 12:30-1:45 Muscle/Cardio Teri
6:30 – 7:30 Yoga Stephanie	Hip Hop 7:00- 8:00 Denise	6:30-7:30 Yoga Stephanie	7:00-8:00 Zumba Amparo		4:30-5:30 Power Yoga Gayla
7:30 – 8:30 Kick Boxing Kathy		7:30-8:30 Kick Boxing Kathy			

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## Group Cycling Schedule

6:00 am Annie		6:00 am Ted		6:00 am Mark	8:45 am Mike
8:30 am Nick/Teri		8:30 am Nick	Noon Beth	8:30 am Nick	10:00 am Eric/Beth
Noon Eric	Noon Beth				
6:00 John	6:00 pm Sharon	6:35 pm Ted <u>Starting March 3<sup>rd</sup></u>	6:00 pm Sharon		

# CAMPBELL COUNTY YMCA



## Group Exercise Class Descriptions

### **SILVER SNEAKERS**

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. Handheld weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

### **ZUMBA**

Take salsa, reggeton, merengue, tango, flamenco, calypso, hip hop, samba and belly dancing and mix it up, you'll have what is called Zumba. This high energy class with motivating music and unique moves will allow participants to dance away their worries. It is based on the principle that a workout should be Fun and Easy to do.

### **BOOT CAMP**

A high-energy, super-toning, fat-burning workout using military style strength and stamina training movements. Not recommended for the beginner.

### **Muscle Pump**

This class concentrates on isolating all muscles with and without free weights. All the major muscle groups are worked out with light weights and bands.

### **Pilates**

Builds stamina, improves core muscle control and relieves stress. The emphasis in pilates is building a strong lower back, abdominal midsection, and obliques.

### **STEP**

Step is a cardiovascular class utilizing adjustable steps. The higher your step the more calories you burn!

### **GROUP CYCLING**

Group cycling is a moderate to high intensity, non-impact cardiovascular workout for all fitness levels. Your training will require strength, determination and fortitude. You select the intensity of your ride according to your fitness level but don't be scared to keep up with the instructor.

### **POWER YOGA**

If you want something little more demanding than your traditional yoga class, this is it. Strict posture, flexibility, a lot of strength, and some relaxation are on the menu.

### **GENTLE YOGA**

A slower traditional practice of the asanas (postures). This class moves slowly as the instructor gives detailed instruction into and out of each asana. Perfect for the beginner or experienced. Each class will leave you feeling stronger, with better balance and flexibility in the joints. This class is suitable for all levels.

### **KICKBOXING**

A high-intensity total body workout, incorporating strength training, cardiovascular exercise, and very light-contact kicks and punches are optional.

### **BODY RECALL**

This is a slow pace class geared toward our seniors. Chairs are used frequently so standing the entire class is not necessary. Body Recall meets in the gymnasium on the first floor not the group exercise room on the second floor.

### **HIP HOP**

If you enjoy the latest dance style and want to stay hip you'll love this class. It's a high energy dance class with an emphasis on the keeping the beat to new Hip Hop songs.

### **CARDIO/MUSCLE**

In this high intensity class you'll enjoy getting both your cardiovascular workout and weights training workout in one session. It's a great way to knock out your weight training while keeping a high heart rate.