


Clippard Family YMCA Group Fitness Schedule May 5th -June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	Pilates Susan L. 5:45-6:45am		Pilates Susan L. 5:45-6:45am				
6:00 AM							
6:15 AM							
6:30 AM							
6:45 AM							
8:15 AM							
8:30 AM	Cardio Connie 8:30-9:15		Cardio Connie 8:30-9:15		Cardio Connie 8:30-9:15	Step & Sculpt Instructor Rotates 8:30-9:30	 We build strong kids, strong families, strong communities.
9:00 AM	Strength Connie 9:15-9:45	Strength Karen E. 8:45-9:30	Strength Tammy 9:15-9:45	Strength Karen H. 8:45-9:30	Strength Connie 9:15-9:45	Pilates Beth 9:30-10:30	
9:15 AM							
9:30 AM	Step Tammy 9:45 - 10:30	Cardio Combo Karen E. 9:30-10:30	Step Tammy 9:45 - 10:30	Cardio Combo Karen H. 9:30-10:30	Step Tammy 9:45-10:30		
9:45 AM							
10:00 AM	Core & Ball Tammy 10:30-11:00		Pilates Tammy 10:30-11:30		Pilates Tammy 10:30-11:30	Kickboxing Karen E. 10:30-11:30	
10:15 AM							
10:30 AM		Silver Sneakers II Nora 10:30-11:30		Silver Sneakers II Karen H. 10:30-11:30			
11:00 AM	Step 101 11:00-11:30am						
11:30 AM		Balance & Stability Nora 11:30-12:00		Balance & Stability Karen H. 11:30-12:00			
12:00 PM		Silver Sneakers I Nora 12:00-1:00		Silver Sneakers I Karen H. 12:00-1:00			
12:30 PM						Step & Sculpt Sue 12:30-1:30	
1:00 PM						Zumba Christian/Kim 1:30-2:30pm	
1:30 PM							
5:00 PM							
5:15 PM							
5:30 PM	Cardio Express Jean 5:30-6:15pm		Cardio Express Jean 5:30-6:15pm		Zumba Christian/Kim 5:30-6:30pm		
5:45 PM							
6:00 PM	Step&Sculpt Karen E. 6:15-7:15	Step&Sculpt Instructor Rotates 6:15-7:15	Pilates Beth 6:15-7:15	Step & Sculpt Sue S. 6:15-7:15			
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM	Yoga Brenda 7:15-8:15	On the Ball Linda 7:15-8:15	Yoga Cathy 7:15-8:15	On the Ball Jean 7:15-8:15pm			
7:30 PM							
8:00 PM							
8:15 PM							
8:30 PM							

* ALL CLASSES ARE FREE TO MEMBERS.

***SCHEDULE SUBJECT TO CHANGE

See Flyer for Memorial Day Schedule

GROUP FITNESS

All group fitness classes are “drop in”, no registration is necessary and free to members. Program Participants may purchase Group Fitness Punch Cards.

Fees: Free/Member
\$75/Program Participants/15 visits

STRENGTH CLASSES

Focuses on muscle toning and strengthening exercises.

SCULPT

Class concentrates on upper and lower body, abs and back, hand weights, bands and tubing.

STRENGTH

Class designed to provide a well rounded workout.

CORE

Class includes exercises to work the abs, obliques, back and glutes.

ON THE BALL

Class will use the stability ball to work the stabilizing muscles of the abs and back. A good overall workout.

BALANCE & STABILITY

Strengthen your inner core for better balance & stability.

CARDIO CLASSES

Classes emphasize increasing your heart rate to burn calories.

CARDIO

Class offers both high, mid and low impact options, performed to music.

ZUMBA (NEW)

Latin-based dance and fitness class. All levels welcome. No previous dance experience required. Shake your bon bon.

STEP

Aerobic class that uses a step as you perform combinations to music. (Monday-Circuit; Friday-Interval)

KICKBOXING

Aerobic class that uses a variety of movements from Kickboxing to get you moving.

GROUP CYCLING

Class is a moderate to high intensity, non-impact cardiovascular workout. Towel and water bottle are required for entry into class.

GROUP CYCLING 101 (NEW)

For newcomers to cycling who want a challenging 30-minute workout at the same time.

SILVER SNEAKERS II

Senior workout. Class offers varied intensities (based on participants' ability) to achieve cardiovascular benefits.

COMBINATION CLASSES

Classes are designed to mix cardio and strength training workouts.

CARDIO EXPRESS (NEW)

Save time with this 45-minute cardio and strength class. Formats will vary to keep your workout fresh and exciting.

INTERVALS

Cardio class that changes between high and low intensity aerobic exercises.

CIRCUIT

Class that combines cardio workout with intervals of strength training.

STEP & SCULPT

Combines cardio step class with muscle conditioning sculpt class.

CARDIO COMBO

Varied cardio and strength class formats.

SILVER SNEAKERS I

Senior Workout. A combination of seated and standing exercises will be used. Intensity will vary with your ability.

FLEXIBILITY CLASSES

Classes focus on stretching, toning and relaxation exercises.

YOGA

Class concentrates on flexibility, balance and relaxation through yoga movements.

PILATES

Class combines stretching, toning and balance using Pilates based exercises.

INSTRUCTIONAL CLASSES

Classes that help the new user learn steps and class format before they attend a formal group fitness class.

STEP 101

A welcoming environment to help you on your way to regular attendance at our step classes. This is not an exercise class.

Note: Times and programs may vary.