

All classes are dependent upon enrollment and may be cancelled if there is a lack in attendance.

GROUP FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 6:00-7:00 a.m. Jeana	TurboKick 8:00-8:50 a.m. Lisa	BODYPUMP 6:00-7:00 a.m. Roxanne	TurboKick 8:00-8:50 a.m. Lisa	BODYPUMP 6:00-7:00 a.m. Lori	BODYPUMP 8:15-9:15 a.m. Roxanne	
Forever Fit 9:00-9:50 a.m. Tami	Step Circuit 9:00-9:50 a.m. Jeana	The Silver Sneakers Fitness Program Cardio Circuit 9:00-9:50 a.m. Kate	Step Circuit 9:00-9:50 a.m. Jeana	Forever Fit 9:00-9:50 a.m. Ginger		
TurboKick 10:00-10:55 a.m. Shannon	BODYPUMP 10:00-11:00 a.m. Lori	TurboKick 10:00-10:55 a.m. Jeana	BODYPUMP 10:00-11:00 a.m. Shannon	TurboKick 10:00-10:55 a.m. Sheri	Taekwondo 10:00-11:00 a.m. Sparks	
BODYPUMP 4:15-5:15 p.m. Sheri	The Silver Sneakers Fitness Program 11:15-12:00 p.m. Kate	BODYPUMP 4:15-5:15 p.m. Deana	The Silver Sneakers Fitness Program 11:15-12:00 p.m. Sheri			Ab Express 12:40-12:55 p.m.
TurboKick 5:30-6:20 p.m. Jeana	Turbo Kick 4:15-5:00 p.m. Deana		BODYPUMP 5:15-6:15 p.m. Tami	Ab Express 5:10-5:25 p.m.		TurboKick 1:00-1:50 p.m. Deana
BODYPUMP 6:30-7:30 p.m. Shannon	BODYPUMP 5:15-6:15 p.m. Tami	Circuit 5:30-6:20 p.m. Shannon	Forever Fit 6:30-7:15 p.m. Brooke	TurboKick 5:30-6:20 p.m. Sheri		BODYPUMP 2:00-3:00 p.m. Cristy
	Forever Fit 6:30-7:15 p.m. Brooke	BODYPUMP 6:30-7:30 p.m. Jeana	Zumba 7:30-8:15 p.m. Sharon	BODYPUMP 6:30-7:30 p.m. Ariel		
	Zumba 7:30-8:15 p.m. Kate					

CYCLING/ACTIVITY STUDIO

All classes are dependent upon enrollment and may be cancelled if there is a lack in attendance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Strength Ride** 6:00-6:45 a.m. Sue		Strength Ride** 6:00-6:45 a.m. Roxanne		Strength Ride** 8:15-9:00 a.m. Lori/Brooke	
Strength Ride** 9:00-9:45 a.m. Jeana	Strength Ride** 9:00-9:45 a.m. Tami	Strength Ride** 9:00-9:45 a.m. Shannon	Strength Ride** 9:00-9:45 a.m. Shannon	Strength Ride** 9:00-9:45 a.m. Sue		
Stretch and Balance 10:15-11:00 a.m. Tami	Yoga (Will meet in the Multipurpose Room) 9:00-9:55 a.m. Ludmila	Strength Ride** 10:00-10:45 a.m. Lori	Yoga (Will meet in the Multipurpose Room) 9:00-9:55 a.m. Amanda	Stretch and Balance 10:15-11:00 a.m. Jennifer	Power Yoga 9:15-10:30 a.m. Kristi	
	Core Fusion 10:00-10:55 a.m. Whitney		Core Fusion 10:00-10:55 a.m. Sheri			Strength Ride 1:00-1:45 p.m. Rotation
BOSU® Cardio 5:30-6:15 p.m. Sheri	Below the Belt 5:30-5:55 p.m.	Core Fusion 5:30-6:15 p.m. Sheri	Strength Ride 4:15-5:00 p.m. Deana			PiYo 2:00-3:00 p.m. Whitney/Sara
PiYo 6:30-7:25 p.m. Sheri	Above the Belt 5:55-6:20 p.m. Angie	Strength Ride** 6:30-7:15 p.m. Rotation	Below the Belt 5:30-5:55 p.m.			
	Strength Ride** 6:30-7:15 p.m. Lori		Above the Belt 5:55-6:20 p.m. Angie			
			Strength Ride** 6:30-7:15 p.m. Sharon			

** Cycling tickets available at front desk 15 minutes prior to start of class. (Class size limited to 18 riders.)

Ab Express

An intense and effective fifteen-minute class targeting the abdominal region. (B/I/A)

Above the Belt

This class will focus on the upper body improving strength and definition. Free weights, body bars, medicine balls and resistance bands will be used. (B/I/A)

Below the Belt

A class designed to improve lower body muscle strength and definition using free weights, body bars, medicine balls and resistance bands. (B/I/A)

BODYPUMP

The revolutionary new weight training workout in a group fitness setting using barbells with adjustable weights, set to motivating music. Bodypump is a simple, athletic based workout that strengthens, tones, and defines every major muscle group in your body...ideal for beginners right through to experienced exercisers. (B/I/A)

BOSU® Cardio

This class will blend all your favorite cardio options using the BOSU® Balance Trainer to enhance the challenge and increase variety. A quick but power-packed class. Class size is limited to 13. (I/A)

Circuit

An intense, athletic based, cardio workout combined with muscle strengthening stations. (I/A)

Core Fusion

A combination of strength movements to target the back, abs and other problem areas. BOSU® balance trainers, stability balls, medicine balls and Bodybars may be used in this class. (B/I/A)

Forever Fit

This low impact aerobic class is perfect for any beginner, pre/post natal women, and older adults who want to make fitness part of their life. (B/I)

Pedal and Pump

A moderate to high-intensity cycling workout, followed by classic body sculpting techniques for a complete workout. Bring a change of shoes and water (I/A)

PiYo

If you enjoy the stretch and challenge of yoga but also enjoy the strength and core control of Pilates then this is the class you want. It combines both trainings into a challenging workout. (B/I/A)

Power Yoga

An energized and vigorous yoga practice that will build strength, flexibility, endurance, and mental focus through a moderately fast paced sequence of poses. While this class will challenge all fitness levels, beginners are welcome. Please come prepared to sweat.



"Get fit, have fun and make friends" that's the motto of the Silver Sneakers fitness program that was designed exclusively for older adults. The class is designed to increase strength, range of movement, agility, balance, coordination and to improve participants' functional capacities, physical fitness level and sense of well being. (B/I)

Silver Sneakers Cardio Circuit

Increase your cardiovascular and muscular endurance with this high-energy circuit workout. You'll use hand-held weights, elastic tubing with handles, and the SilverSneakers ball to increase upper-body strength. The multi-level, equipment-based workout is alternated with non-impact aerobic. Complete your total-body workout with a cooldown, stretching and relaxation. (B/I)

Step Circuit

A step class that mixes easy to follow step combinations, cardio and muscle strengthening. (B/I/A)

Strength Ride

In this traditional stationary cycling class, you will experience a variety of cycling situations, including hill climbs, fast flats and exhilarating finishes while focusing on speed, power, intensity and technique. (B/I/A)

Stretch & Balance

General stretches for every muscle group, beginner yoga postures and balancing are the focus for this class. (B/I/A)

TurboKick

The hottest new athletic based kickbox class that will challenge you physically and mentally. (I/A)

Yoga

A low impact exercise regimen that encourages stress management, blood pressure control, and increased muscle strength and flexibility. (B/I/A)

Youth Boot Camp

This class is designed for kids who are looking to get into better shape and learn how to live a healthier, more active lifestyle. All levels are welcome and encouraged to participate. This class is for kids ages 7-13. (B)

Zumba

"Ditch the workout, join the Party" is Zumba's motto. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including cumbia, meringue, salsa, reggaeton, mambo and calypso. Selections include both fast and slow rhythms to help tone and sculpt the body. Dance steps are easy to follow and it's fun! (B/I/A)



4812 Hamburg Pike Jeffersonville, IN 47131
(812) 283-YMCA
www.ymcasi.org



B= BEGINNER I=INTERMEDIATE A=ADVANCED