

YGROUP EXERCISE™

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

GROUP EXERCISE STUDIO 1 (2ND FLOOR)



Effective: June 7, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 9:00-10:00 a.m. Cristy Circuit 10:15-11:15 a.m. Melissa Zumba 4:30-5:20 p.m. Kate BODYPUMP 5:30-6:30 p.m. Carol Circuit 6:45-7:35 p.m. Kelly Forever Fit 7:45-8:30 p.m. Sherry	BODYPUMP 5:30-6:30 a.m. Michelle/Whitney Zumba Gold 9:00-9:50 a.m. Sharon Turbo Kick 10:00-11:00 a.m. Shannon BODYPUMP 12:00-12:45 p.m. Michelle/Whitney Turbo Kick 4:30 - 5:20 p.m. Jeana Ab Express 5:30-5:45 p.m. Jeana Taekwondo 6:00-8:45 p.m.	BODYPUMP 9:00-10:00 a.m. Cristy Circuit 10:15-11:15 a.m. Kelly Yoga 12:00-12:45 p.m. Brett Zumba 4:30-5:20 p.m. Kate BODYPUMP 5:30-6:30 p.m. Ariel Turbo Kick 6:45-7:35 p.m. Renee Forever Fit 7:45-8:30 p.m. Sherry	BODYPUMP 5:30-6:30 a.m. Brittany Zumba Gold 9:00-9:50 a.m. Sharon Turbo Kick 10:00-11:00 a.m. Rotation BODYPUMP 12:00-12:45 p.m. Roxanne Turbo Kick 4:30-5:20 p.m. Kelly Ab Express 5:30-5:45 p.m. Kelly Taekwondo 6:00-8:45 p.m.	BODYPUMP 9:00-10:00 a.m. Jeana Step Express 10:15-11:15 a.m. Jeana Triple Threat 5:45-6:45 p.m. Dana	Turbo Kick 9:00-9:50 a.m. Renee/Chandra BODYPUMP 10:00-11:00 a.m. Carol Step Express 9:30-10:15 a.m. Ludmila BODYPUMP 10:30-11:30 a.m. Ludmila Yoga 12:00-12:50 p.m. Ludmila	

GROUP EXERCISE STUDIO 2 (3RD FLOOR) Max. Capacity: 15 participants

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Ride* 5:30-6:15 a.m. Roxanne PiYo 9:00-9:50 a.m. Sue Beginner Cycling* 10:00-10:45 a.m. Sue Ab Express 10:45-11:00 a.m. Sue Strength Ride* 4:30-5:15 p.m. Anna Strength Ride* 5:30-6:00 p.m. Tami Run 6:00-6:30 p.m. Tami Pump 6:30-7:00 p.m. Tami Yoga (Will meet in the Multipurpose Room) 7:00-8:00 p.m. Brett	Strength Ride* 5:15-6:00 a.m. Kim Beginner Yoga 9:00-9:50 a.m. Brett Strength Ride* 10:00-10:45 a.m. Cristy The Silver Sneakers Fitness Program 11:00-11:45 a.m. Ginger Youth Boot Camp (ages 7-13) 4:30-5:00 p.m. Shannon/Kara Power PiYo 5:30-6:20 p.m. Whitney Beginner Cycling* 6:30-7:00 p.m. Jami Pump 7:00-7:30 p.m. Jami	Endurance Ride* 5:30-6:30 a.m. Brittany Stretch & Balance 9:00-9:45 a.m. Sheri Beginner Cycling* 10:00-10:45 a.m. Sheri Ab Express 10:45-11:00 a.m. Sheri Strength Ride* 4:30-5:15 p.m. Chandra Strength Ride* 5:30-6:00 p.m. Tami Run 6:00-6:30 p.m. Tami Pump 6:30-7:00 p.m. Tami Yoga (Will meet in the Multipurpose Room) 7:00-8:00 p.m. Brett	Endurance Ride* 5:15-6:15 a.m. Ruth Ann Core Fusion 9:00-9:50 a.m. Whitney Strength Ride* 10:00-10:45 a.m. Whitney/Katie The Silver Sneakers Fitness Program 11:00-11:45 a.m. Ginger Youth Boot Camp (ages 7-13) 4:30-5:00 p.m. Shannon/Kara Core Fusion 5:30-6:20 p.m. Christina Beginner Cycling* 6:30-7:00 p.m. Anna Pump 7:00-7:30 p.m. Anna	Strength Ride* 5:30-6:15 a.m. Brittany Ab Express 6:15-6:30 a.m. Brittany Power PiYo 9:00-9:50 a.m. Cristy Beginner Cycling* 10:00-10:45 a.m. Cristy Ab Express 10:45-11:00 a.m. Cristy	PiYo 8:30-9:15 a.m. Sarah S. Strength Ride* 9:30-10:00 a.m. Brittany Pump 10:00-10:30 a.m. Brittany	

* Cycling tickets available at front desk 15 minutes prior to start of class. (Class size limited to 17 riders.)

Ab Express

An intense and effective fifteen-minute class targeting the abdominal region.

Beginner Cycling

In this traditional stationary cycling class, you will be introduced to a variety of cycling situations. This class is designed to help the beginner exerciser or cyclist become familiar with proper cycling technique and form. (B)

Beginner Yoga

A great introduction to yoga for those wanting to experience yoga for the first time. (B)

BODYPUMP

The revolutionary 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.

BODYPUMP

- Express

Get the same great results as our 1-hour version in only 45 minutes. Great for folks that need to get a quick weight lifting session in on their lunch break. (B)

Circuit

An intense, athletic based, cardio workout combined with muscle strengthening stations.

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)

Endurance Ride

Take your group cycling workout to the next level with this hour-long session. Challenge your strength AND endurance as you conquer various terrains designed to improve your overall fitness.

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)

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 for you. It combines both trainings into a challenging workout.

Power PiYo

A great mix of Pilates and Yoga, with the use of light weights for muscle conditioning. It will make you stronger, build core strength & tone your muscles. Power PiYo will condition you through weight-bearing poses, building stamina, coordination and balance.

Pump

This class will focus on improving muscle strength and definition for all the major muscle groups. Various equipment such as free weights, resistance tubing, medicine balls and body bars will be used.

Run

If you are just getting started, or want to improve your running times, this class is designed for you. Distance run, speed work, and endurance drills are all a part of the fun.



"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)

Step Express

Still popular after all these years, step aerobics can help you trim, tone, and tighten like nothing else. Fresh choreography and upbeat music provide the essential ingredients for this fun, classic workout. (B)

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.

Stretch & Balance

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

Triple Threat

A unique combination of cardio, strength, and core. This class will give you a challenging dynamic workout with 20 minutes of cardio (instructors choice), 20 minutes of muscle conditioning, and 10 minutes of core and stretch.

TurboKick

The hottest athletic based kickbox class that will challenge you physically and mentally.

Yoga

A low impact exercise regimen that encourages stress management, blood pressure control, and increased muscle strength and flexibility.

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!

Zumba Gold

This class is designed for the active older adult, the true beginner and/or people who are trying to get back into exercise. Zumba Gold has a slower pace and lower intensity than our basic Zumba class, however, it still has a variety of latin dance styles and is loads of fun. (B)

B= beginner friendly



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