



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

**Effective January 7, 2012**

- Schedule is subject to change. All classes are dependent upon enrollment and may be cancelled if there is a lack of attendance.
- Cycling tickets are available at the front desk 15 minutes prior to the start of class. Class size limited to 19 riders.

# GROUP EXERCISE SCHEDULE

## FLOYD COUNTY BRANCH

### GROUP EXERCISE STUDIO 1 (2<sup>ND</sup> FLOOR)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> 9:00-10:00 a.m. Cristy	<b>BODYPUMP</b> 5:30-6:30 a.m. Julie	<b>BODYPUMP</b> 9:00-10:00 a.m. Cristy	<b>BODYPUMP</b> 5:30-6:30 a.m. Michelle	<b>BODYPUMP</b> 9:00-10:00 a.m. Jeana	<b>Turbo Kick</b> 9:00-9:50 a.m. Renee/Chandra	<b>Circuit</b> 9:30-10:15 a.m. Ludmila/Chad
<b>Circuit</b> 10:15-11:15 a.m. Amanda M.	<b>Zumba Gold</b> 9:00-9:50 a.m. Sharon	<b>Circuit</b> 10:15-11:15 a.m. Amy	<b>Zumba Gold</b> 9:00-9:50 a.m. Sharon	<b>Step Express</b> 10:15-11:15 a.m. Jeana	<b>BODYPUMP</b> 10:00-11:00 a.m. Carol	<b>BODYPUMP</b> 10:30-11:30 a.m. Ludmila/Whitney
<b>Zumba</b> 4:30-5:20 p.m. Kate	<b>Turbo Kick</b> 10:00-11:00 a.m. Amanda M.	<b>Yoga</b> 12:00-12:45 p.m. Brett	<b>Turbo Kick</b> 10:00-11:00 a.m. Amanda J.		<b>Zumbatomic Lil Starz</b> 11:15-11:45 a.m. Sharon/Kristie	<b>Yoga</b> 12:00-12:50 p.m. Ludmila/Gaurav
<b>BODYPUMP</b> 5:30-6:30 p.m. Carol	<b>Express</b> 12:00-12:45 p.m. Michelle/Whitney	<b>Zumba</b> 4:30-5:20 p.m. Kate	<b>Express</b> 12:00-12:45 p.m. Roxanne		<b>Zumbatomic Big Starz</b> 11:45-12:15 p.m. Sharon/Kristie	<b>Zumba</b> 1:00-2:00 p.m. Mandi
<b>Circuit</b> 6:45-7:35 p.m. Melissa	<b>Turbo Kick</b> 4:30 - 5:20 p.m. Jeana	<b>BODYPUMP</b> 5:30-6:30 p.m. Ariel	<b>Turbo Kick</b> 4:30 - 5:20 p.m. Amanda M.	<b>Triple Threat</b> 5:45-6:45 p.m. Dana	<b>Family Yoga</b> 12:30 a.m.-1:15 p.m. Gaurav	
	<b>Ab Express</b> 5:30-5:45 p.m. Jeana	<b>Zumba</b> 6:45-7:45 p.m. Mandi	<b>Ab Express</b> 5:30-5:45 p.m. Amanda M.			
	<b>Taekwondo</b> 6:00-8:45 p.m.		<b>Taekwondo</b> 6:00-8:45 p.m.			

### GROUP EXERCISE STUDIO 2 (3<sup>RD</sup> FLOOR) (MPR = Meet in Multipurpose Room)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength Ride</b> 5:30-6:15 a.m. Joetta	<b>Strength Ride</b> 5:15-6:00 a.m. Kim	<b>Endurance Ride</b> 5:30-6:30 a.m. Michelle	<b>Endurance Ride</b> 5:30-6:15 a.m. Kim	<b>Strength Ride</b> 5:30-6:15 a.m. Joetta		
<b>PiYo</b> 9:00-9:50 a.m. Sue	<b>Beginner Yoga</b> 9:00-9:50 a.m. Brett	<b>Stretch &amp; Balance</b> 9:00-9:45 a.m. Sheri/Whitney	<b>Core Fusion</b> 9:00-9:50 a.m. Whitney	<b>Ab Express</b> 6:15-6:30 a.m. Joetta		
<b>Beginner Cycling</b> 10:00-10:45 a.m. Amy	<b>Strength Ride</b> 10:00-10:45 a.m. Katie	<b>Beginner Cycling</b> 10:00-10:45 a.m. Sheri/Whitney	<b>Strength Ride</b> 10:00-10:45 a.m. Katie	<b>Power PiYo</b> 9:00-9:50 a.m. Cristy	<b>Strength Ride</b> 9:30-10:15 a.m. Brittany	
<b>Ab Express</b> 10:45-11:00 a.m. Amy	<b>The Silver Sneakers</b> Fitness Program 11:15-12:00 p.m. Ginger	<b>Ab Express</b> 10:45-11:00 a.m. Sheri/Whitney	<b>The Silver Sneakers</b> Fitness Program 11:15-12:00 p.m. Ginger	<b>Beginner Cycling</b> 10:00-10:45 a.m. Cristy	<b>Pump</b> 10:15-10:45 a.m. Brittany	
<b>Strength Ride</b> 4:30-5:15 p.m. Janelle	<b>Kids P.E.</b> 4:15-4:45 p.m. Kara	<b>Forever Fit</b> 11:15-12:00 p.m. Ginger	<b>Kids P.E.</b> 4:15-4:45 p.m. Shannon	<b>Ab Express</b> 10:45-11:00 a.m. Cristy		
<b>Zumbatomic Lil Starz (MPR)</b> 5:30-6:00 p.m. Mandi	<b>Youth Boot Camp</b> 4:45-5:15 p.m. Kara	<b>Strength Ride</b> 4:30-5:15 p.m. Chandra	<b>Youth Boot Camp</b> 4:45-5:15 p.m. Shannon			
<b>Zumbatomic Big Starz (MPR)</b> 6:00-6:30 p.m. Mandi	<b>Power PiYo</b> 5:30-6:20 p.m. Whitney	<b>Zumbatomic Lil Starz (MPR)</b> 5:30-6:00 p.m. Sharon	<b>Endurance Ride</b> 5:30-6:30 p.m. Ruth Ann			
<b>Strength Ride</b> 5:30-6:00 p.m. Tami	<b>Zumbatomic Big Starz (MPR)</b> 6:00-6:30 p.m. Sharon	<b>Strength Ride</b> 5:30-6:00 p.m. Tami	<b>Core Fusion</b> 5:30-6:20 p.m. Christina			
<b>Run</b> 6:00-6:30 p.m. Tami	<b>Beginner Cycling</b> 6:30-7:00 p.m. Jami	<b>Strength Ride</b> 5:30-6:00 p.m. Tami	<b>Beginner Cycling</b> 6:30-7:00 p.m. Amy			
<b>Pump</b> 6:30-7:00 p.m. Tami	<b>Pump</b> 7:00-7:30 p.m. Jami	<b>Run</b> 6:00-6:30 p.m. Tami	<b>Pump</b> 7:00-7:30 p.m. Amy			
<b>Yoga (MPR)</b> 7:00-8:00 p.m. Brett		<b>Pump</b> 6:30-7:00 p.m. Tami				
		<b>Yoga (MPR)</b> 7:00-8:00 p.m. Brett				

# GROUP EXERCISE CLASS DESCRIPTIONS



"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)

## 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 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.

## 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 hourlong session. Challenge your strength AND endurance as you conquer various terrains designed to improve your overall fitness.

## Family Yoga

Looking for an exercise routine designed to rejuvenate the body and soul? This yoga class incorporates beginning and intermediate variations. Build flexibility, coordination, strength, and inner peace with this blend of flowing postures. Experience a yoga routine that all members of the family will enjoy. Ages 7 and up welcome. (B)

## 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 you want. It combines both trainings into a challenging workout. (B)

## 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.

## 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.

## 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, merengue, salsa, reggaeton, mambo and calypso. Selections include both fast and slow rhythms to help.

## 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)

# KIDS CLASSES

## Kids P.E.

This class is designed for kids between the ages of 5-13 who are ready to get moving. Fitness games and obstacle courses will be a few of the ways the kids will have fun and learn how important exercise can be. (B)

## Youth Boot Camp

This class will introduce children between the ages of 7-13 to strength training and cardio while having fun with fitness games and activities. (B)

## Zumbatomic

Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

Lil Starz: Ages 4-7

Big Starz: Ages 8-13

B - Beginner Friendly

YMCA of Southern Indiana

Floyd County Branch • 33 State Street, New Albany, IN 47150 • (812) 283-YMCA • www.ymcasi.org