

June 2019 YMCA Group Exercise Schedule

Monday

8:30am	Body Transformation Anissa Studio A
9:30am	Pilates Allison Studio A
	Zumba® Sandee Gym
	Group Cycle Leslie Cycle Studio
10:30am	Strength Train Together® Allison Studio A
	Aqua Mix Carol Pool
11:30am	SilverSneakers® Allison/Amy Studio A
11:50am	Boot Camp 40 Mins Leslie Gym
5:30pm	Strength Train Together® Dana Studio A
6:30pm	Group Cycle Dana Cycle Studio
6:45pm	Flow Yoga Cathy Studio A

Tuesday

5:15am	Butts and Guts Amanda Studio A
8:30am	Boot Camp Allison Gym
9:30am	Zumba Toning® Sandee Studio A
	Beginner Cycle Aimee Cycle Studio
10:30am	Candlelight Yoga Myrna Studio A
	Aqua Mix Allison Outdoor Pool
11:30am	SilverSneakers® Aimee/Allison Studio A
4:30pm	Strength Train Together® Erin Studio A
5:30pm	Zumba® Erin Studio A
6:30pm	Group Cycle Rebecca Cycle Studio

Wednesday

8:30am	Group Cycle Anissa Cycle Studio
	Strength Train Together® Leslie Studio A
9:30am	Zumba® Sandee Gym
	Strength Train Together® Allison Studio A
10:30am	Flow Yoga Cathy Studio A
	Aqua Mix Cindy Pool
11:30am	Line Dancing Barbara/Julianna Gym
11:50am	Strength Train Together® Sandee Studio A
4:30pm	Group Cycle Rebecca Cycle Studio
5:30pm	Cardio Kickboxing Stephanie Studio A
6:00pm	Aqua Mix Dana Outdoor Pool
6:30pm	Flow Yoga Cathy Studio A

Thursday

5:15am	Group Cycle Brent Cycle Studio
8:30am	Boot Camp Leslie Gym
9:30am	Aqua Zumba® Sandee Pool
	Barre Brandy Studio A
10:30am	Group Cycle Leslie Cycle Studio
	Dance 4 Life Mary Studio A
11:30am	Aqua Mix Brandy Outdoor Pool
	SilverSneakers® Circuit Mary Studio A
11:50am	Group Cycle Rebecca Cycle Studio
5:30pm	Cardio Blast Dana Studio A
6:30pm	Group Cycle Dana Cycle Studio
	Strength Train Together® Stephanie Studio A

Friday

8:30am	Cardio Mania Leslie Gym
	Group Cycle 45 mins Brandy Cycle Studio
9:30am	Zumba® Erin Gym
	Xtreme Pump Leslie Studio A
10:30am	Strength Train Together® Sandee Studio A
	Aqua Mix Allison Pool
11:30am	SilverSneakers® Allison Studio A

Saturday

8:30am	Group Cycle Dana Cycle Studio
9:30am	Strength Train Together® Dana Studio A
10:30am	Zumba® Erin Studio A
	Aqua Mix Cindy Pool



**37th Annual Summer's
End Road Race
5K & 10K
Saturday 8/10
Sign up at Welcome
Center!**

Aqua Class Descriptions:

Aqua Mix— This 45 minute water class provides a combination water workout that includes cardio conditioning and muscle strengthening exercises along with water's natural resistance.

Aqua Zumba—Make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Group Fitness Class Descriptions:

Barre— Using ballet inspired techniques, it is an empowering and energizing workout, creating lean muscles while enhancing balance

Beginner Cycle—Intro to indoor cycling. Only 45 mins of great cardio, learning the lingo and proper technique. Designed with beginners in mind, but everyone welcome!

Body Transform— High intensity and endurance based workout. Timed intervals of strength, cardio and abs

Boot Camp—Come enjoy an energizing circuit class using weights, body weight, and plyometric moves to work your entire body. Great functional fitness with modifications for every level. Weather permitting, sometimes this class is done outside.

Candlelight Yoga - Rejuvenating yoga by candlelight for all levels.

Cardio Mania— Unleash your body's potential with an intense class that improve your heart health, increase your muscle strength and burn fat!

Cardio Blast—Fun energizing Cardio class Modifications for every age and fitness level.

Dance 4 Life—Dance fitness set to songs you know, with easy to follow moves that will leave you ready to take on the day!

Flow Yoga - Fluid flowing movements working into each posture & breath, focus is on safety, flexibility, strength & alignment. All levels are welcome.

Flow Yoga II- For the experienced participants. All levels shown as needed.

Group Cycle— Ride a stationary bike to the beat of awesome music. Definitely intense and fast-paced, but it's a great low-impact class for any fitness level.

Line Dancing—Join us as we "dance in line" with easy to follow steps that will leave your toes tapping and heart singing. A fun filled way to exercise both body and mind.

Pilates—a system of physical conditioning involving low-impact exercises and stretches designed to strengthen muscles of the torso

SilverSneakers®— Muscular Strength & Range of Movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activities of daily living. Chair is used for seated and/or standing support.

SilverSneakers® Circuit— Build cardiovascular and muscular endurance power with a standing circuit workout. A chair is offered for support, stretching and relaxation exercises.

Strength Train Together—is a results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training. Can be adapted for any age or fitness level.

XTreme Pump - Come PUMP IT UP in this class using a variety of resistance equipment (bands and bars) for an overall XTREME strength and toning workout.

Zumba® - urban fusion dance fitness class with Latin dance moves with a steady - sweaty pace.. Fun for all!!

Zumba Toning® - Those who want to party, but put extra emphasis on toning and sculpting to define those muscles!



JUNE 2019

Indoor Pool

Monday-Friday: 5:00am-8:30pm

Saturday: 8:00am-5:30pm

Sunday: 1:00pm-5:30pm

Outdoor Pool

Monday-Friday: 10:00am—8:30pm

Saturday: 8:00am—5:30pm

Sunday: 1:00pm—5:30pm

All children 12 and under must be accompanied by an adult
All children under 13 will be required to take a swim test.

Parents are responsible for child's safety.

If a child cannot swim, then the parent **MUST** stay within arm's reach of the child.

Aqua Aerobic Class Schedule

Aqua Mix classes are 45 mins
Classes are in the indoor pool unless indicated

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Mix 10:30 AM Carol	Aqua Mix OUTDOOR POOL 10:30 AM Allison	Aqua Mix 10:30 AM Cindy Aqua Mix OUTDOOR POOL 6:00 PM Dana	Aqua Zumba 9:30 AM Santee Aqua Mix OUTDOOR POOL 10:30 AM Brandy	Aqua Mix 10:30 AM Allison	Aqua Mix 10:30 AM Cindy