

September 2019 YMCA Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15am	Group Cycle Brent Cycle Studio (starts 9/9)	Butts and Guts Amanda Studio A	Strength Train Together@ Leslie Studio A	Group Cycle Brent Cycle Studio	Cardio Mania Leslie Gym
8:30am	Body Transformation Anissa Studio A	Boot Camp Allison Gym	Group Cycle Anissa Cycle Studio	Boot Camp Leslie Gym	Group Cycle (45 mins) Allison Cycle Studio
9:30am	Pilates Allison Studio A	Zumba Toning® Sandee Studio A	Zumba® Noel Gym	Aqua Zumba® Sandee Pool	Flow Yoga Cathy Studio A (Starts 9/13)
	Zumba® Sandee Gym	Beginner Cycle Aimee Cycle Studio	Strength Train Together® Allison Studio A	Group Cycle Leslie Cycle Studio	Zumba® Erin Gym
	Group Cycle Leslie Cycle Studio	Candlelight Yoga Myrna Studio A	Aqua Boot Camp Carol Pool (starts 9/18)	Aqua Mix Aimee Pool	Xtreme Pump Leslie Studio A
10:30am	Strength Train Together® Allison Studio A	Aqua Mix Allison Pool	Flow Yoga Cathy Studio A	SilverSneakers® Aimee Studio A	Strength Train Together® Sandee Studio A
	Aqua Mix Carol Pool	SilverSneakers® Aimee/Allison Studio A	Aqua Mix Cindy Pool	Group Cycle (45 mins) Rebecca Cycle Studio	Aqua Mix Allison Pool
11:30am	SilverSneakers® Allison/Amy Studio A	Strength Train Together® Erin Studio A	Line Dancing Barbara/Julianna Gym	Cardio Blast Dana Studio A	SilverSneakers® Allison Studio A
5:30pm	Strength Train Together® Dana Studio A	Zumba® Erin Studio A	Strength Train Together® Sandee Studio A	Group Cycle Dana Cycle Studio	Group Cycle Dana Cycle Studio
6:30pm	Group Cycle Dana Cycle Studio	Group Cycle Rebecca Cycle Studio	Group Cycle Rebecca Cycle Studio	Strength Train Together® Stephanie Studio A	Strength Train Together® Dana Studio A
6:45pm	Flow Yoga Cathy Studio A		Cardio Kickboxing Stephanie Studio A		Zumba® Erin Studio A
			Aqua Mix Dana Outdoor Pool		Aqua Mix Cindy Pool
			Flow Yoga II Cathy Studio A		

The Y will be CLOSED
9/2 for Labor Day



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 Boot Camp—Nonstop cardio with strength and stability Be prepared for a good, tough workout in the water!

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

Group Fitness Class Descriptions:

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.

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.

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!



SEPTEMBER 2019

Indoor Pool

Monday-Friday: 5:00am-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 10:30 AM Allison	Aqua Boot Camp 9:30 AM Carol Aqua Mix 10:30 AM Cindy Aqua Mix 6:00 PM Dana	Aqua Zumba 9:30 AM Santee Aqua Mix 10:30 AM Aimee	Aqua Mix 10:30 AM Allison	Aqua Mix 10:30 AM Cindy