

revised 10/10/17 **YMCA GROUP FITNESS SCHEDULE -- FALL SESSION TWO** Nov 6th -- Dec 15th

FC = Fitness Center, SMR= Small Meeting Room (upper level), LMR = Large Meeting Room (lower level), IH = Irish House Hotel

**MEMBER REGISTRATION STARTS: October 16th**

**NONMEMBER REGISTRATION STARTS: October 23rd**

**MONDAY**

Time	Class	Location	Instructor
5:45-6:30AM	<b>TABATA Boot Camp</b>	LMR	Kylie Briggs
12:10-12:50PM	<b>Yoga</b>	SMR	Florence Price
12:15-1:00PM	<b>TNT</b>	LMR	Andy Vogler
5:20-6:05PM	<b>Zumba</b>	LMR	Jordan Hoover
6:10-6:55PM	<b>TRX Group Training</b>	LMR	Allie Barry

**TUESDAY**

Time	Class	Location	Instructor
5:45-6:30AM	<b>Insanity® Live</b>	LMR	Lauren Jennings
8:30-9:30AM	<b>Yoga</b>	SMR	Mike Gadson
8:30-9:15am	<b>Zumba</b>	LMR	Becky Jones
9:30-10:15am	<b>Aqua Barre -- New!</b>	IH	Becky Jones
12:15-12:45PM	<b>Abs and Ends TRX</b>	LMR	Lisa Button
5:30-6:15PM	<b>Cycle Circuit</b>	LMR	Britney Trone
5:45-6:45PM	<b>Pilates</b>	SMR	Beth Wagner

**WEDNESDAY**

Time	Class	Location	Instructor
5:45-6:30AM	<b>TABATA Boot Camp</b>	LMR	Kylie Briggs
12:10-12:50PM	<b>Yoga</b>	SMR	Florence Price
12:15-1:00PM	<b>TNT</b>	LMR	Andy Vogler
5:20-6:05PM	<b>Zumba</b>	LMR	Jordan Hoover
6:10-6:55PM	<b>TRX Group Training</b>	LMR	Allie Barry

**THURSDAY**

Time	Class	Location	Instructor
5:45-6:30AM	<b>Insanity® Live</b>	LMR	Lauren Jennings
8:30-9:30AM	<b>Yoga</b>	SMR	Mike Gadson
8:30-9:15am	<b>Zumba</b>	LMR	Becky Jones
9:30-10:15am	<b>Aqua Barre -- New!</b>	IH	Becky Jones
12:15-12:45PM	<b>Abs and Ends TRX</b>	LMR	Lisa Button
5:30-6:15PM	<b>Cycle Circuit</b>	LMR	Britney Trone
5:45-6:45PM	<b>Pilates</b>	SMR	Beth Wagner

**FRIDAY**

Time	Class	Location	Instructor
12:15-1:00PM	<b>HIIT</b>	LMR	Andy Vogler

**SATURDAY**

Time	Class	Location	Instructor
10:00-11:00AM	<b>Yoga</b>	SMR	Florence Price

**Class Descriptions**

**Abs and Ends TRX** - Learn the basics of the TRX Suspension trainer in this 30 minute class. Suspension training is a unique workout that uses every muscle in your body to train! Class training regiment will also include circuit workouts. Space is limited, sign up early.

**Aqua Barre** - Aqua Barre mixes elements of traditional aqua classes, pilates, ballet barre, yoga, and functional training. By utilizing the water for resistance all fitness levels of class members work safely and effectively through the exercises. This class is for male and female participants 18 and

**Cycle Circuit**- Come enjoy a full body workout that incorporates the bike and some floor routines. We'll combine a ride on the bike, with some upper body and abdominal exercises to focus on strength and endurance.

**HIIT** - A whole-body, heart-pumping workout done in a full length class. Combine strength and endurance training with high-intensity cardio bursts. Modifications for all fitness levels.

**INSANITY® LIVE** - This class is challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels. The moves are easy to follow—but the workout WILL challenge you, change you, and get you in the best shape of your life.

**Pilates** - Pilates is a body conditioning method based on the fusion of body and mind which results in improved posture, flexibility, strength and the transformation of the way a persons body feels, looks and performs. Pilates is different from other forms of exercise as it focuses on multiple muscles groups at the same time. We will focus on: Alignment, Breath, Concentration on Core strength, Control and Stability.

**TABATA Boot Camp** - Tabata is a type of high intensity interval training designed to get your heart rate up in a short amount of time. This type of

**TRX Group Training**- Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the suspension trainers, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. Space is limited!

**Yoga** - Great stretching and relaxation for all ages! Yoga makes the body strong and flexible. \*Free class

**Zumba** - A Latin-inspired dance fitness class that incorporates Latin and international music with dance movements. This class combines fast and slow rhythms to tone and sculpt the body. Join the party and sign up!