

revised 2/15/2018 **YMCA GROUP FITNESS SCHEDULE -- SPRING SESSION** March 12-May 4

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

MEMBER REGISTRATION STARTS: February 19

NONMEMBER REGISTRATION STARTS: February 26

MONDAY

Time	Class	Location	Instructor
9:30-10:15AM	Barre	LMR	Kylie Briggs
10:30-11:15AM	Chair Yoga	LMR	Kylie Briggs
12:10-12:50PM	Yoga*	SMR	Florence Price
12:15-1:00PM	TNT	LMR	Breiane Ham
5:15-6:00PM	Body Vengeance	SMR	Marty Crowe
5:30-6:15PM	Zumba	LMR	Niki Maxwell

TUESDAY

Time	Class	Location	Instructor
8:30-9:30AM	Yoga*	SMR	Mike Gadson
11:00-11:30AM	Cycle N Strength	SMR	Britt Vermeire
12:00-12:40PM	Vinyasa Flow - <i>NEW!</i>	SMR	Aimee Gunther
12:15-12:45PM	Abs and Ends TRX	LMR	Lisa Bohan
5:45-6:45PM	Pilates	LMR	Beth Wagner

WEDNESDAY

Time	Class	Location	Instructor
9:30-10:15AM	Barre	LMR	Kylie Briggs
10:30-11:15AM	Chair Yoga	LMR	Kylie Briggs
12:10-12:50PM	Yoga*	SMR	Florence Price
12:15-1:00PM	TNT	LMR	Breiane Ham
5:15-6:00PM	Body Vengeance	SMR	Marty Crowe
5:30-6:15PM	Zumba	LMR	Niki Maxwell

THURSDAY

Time	Class	Location	Instructor
8:30-9:30AM	Yoga*	SMR	Mike Gadson
11:00-11:30AM	Cycle N Strength	SMR	Britt Vermeire
12:00-12:40PM	Vinyasa Flow - <i>NEW!</i>	SMR	Aimee Gunther
12:15-12:45PM	Abs and Ends TRX	LMR	Lisa Bohan
5:45-6:45PM	Pilates	LMR	Beth Wagner

FRIDAY

Time	Class	Location	Instructor
12:15-1:00PM	HIIT	LMR	Kris Paisley

SATURDAY

Time	Class	Location	Instructor
10:00-11:00AM	Yoga*	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.

Barre - The Barre program is a revolution that blends the best of ballet, strength, yoga and pilates. Every aspect in how the Barre class is taught reinforces safety, in addition to providing an exciting and effective fitness class for all participants

Body Vengeance - This class is a dynamic and multifaceted course designed to improve your overall fitness level; including strength and flexibility. Body vengeance targets abs, back, hips and glutes, covering the 28 muscles of the core and then throwing in some cardio bursts to maximize your workout! Utilizing ground based exercises with optional light/medium weights to challenge your core.

Chair Yoga - Improve your strength, flexibility, and mobility through standing or seated yoga poses specially adapted for older adults that are at any level of health and fitness.

Cycle N Strength- Join Britt for a 30 minute lunch hour class where we will ride for 20 minutes and then hit the floor for core and strength.

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.

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.

Vinyasa Yoga - This is an intermediate level Vinyasa Flow class. Building strength, flexibility, and balance by flowing breath and movement together. Focusing on skills to advance your practice! Taught by Aimee G, certified yoga instructor by Yoga7even and Michelle Wilkerson.

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!