

# YMCA FALL GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 7:00am <b>LESMILLS BODYPUMP</b> Dax	5:45 – 6:15am <b>LESMILLS CXWORX</b> Charise	5:45 – 6:15am <b>PUMP EXPRESS</b> Dax	5:45 – 6:15am <b>LESMILLS CXWORX</b> Lynne	6:00 – 7:00am <b>Spin</b> Cari/Terri	8:00 – 9:00am <b>LESMILLS BODYPUMP</b> Alternates	
	6:20 – 7:00am <b>Cardio Interval</b> Charise	6:20– 7:00am <b>Spin</b> Dax	6:20 – 7:00am <b>BODYFLOW Express</b> Lynne		9:05 – 9:55am <b>Step</b> Alternates	10:15 – 11:05am <b>Functional Pilates</b> Charise
8:15 – 9:00am <b>Stand or Sit and Be Fit!</b> Jen	9:20 – 10:20am <b>Step</b> Lynne	8:15 – 9:00am <b>Zumba GOLD</b> Traci	8:15 – 9:00am <b>Beginner Spin</b> Rebecca	8:15 – 9:00am <b>Stand or Sit and Be Fit!</b> Gail	10 – 10:30am <b>LESMILLS CXWORX</b> Joanne	11:10 – 12:10pm <b>LESMILLS RPM</b> Sarah/Rebecca
9:15 – 10:15am <b>Aqua Aerobics</b> Julie (pool)	10:25 – 10:55am <b>LESMILLS CXWORX</b> Lynne	9:15 – 10:15am <b>Aqua Aerobics</b> Darlene/ Dyan (pool)	9:20 – 9:50am <b>LESMILLS CXWORX</b> Kelly	9:15 – 10:15am <b>Aqua Aerobics</b> Dyan (pool)	10:40 – 11:40am <b>LESMILLS BODYATTACK</b> Joanne/ Steve	12:15 – 1:15pm <b>LESMILLS BODYFLOW</b> Sarah
9:20 – 10:20am <b>Spin</b> Marissa	11:00 – 12:00pm <b>LESMILLS BODYFLOW</b> Theresa	9:20 – 10:10am <b>LESMILLS BODYPUMP</b> Lynne	9:55 – 10:55am <b>LESMILLS BODYATTACK</b> Joanne	9:20 – 10:20am <b>LESMILLS BODYPUMP</b> Joanne		
10:30 – 11:30am <b>LESMILLS BODYPUMP</b> Joanne	12:05– 12:55pm <b>Chair Yoga</b> Theresa	10:30 – 11:30am <b>Spin</b> Joanne	11 – 12pm <b>LESMILLS BODYFLOW</b> Lynne	10:30– 11:30am <b>LESMILLS BODYCOMBAT</b> Joanne		
	1:00 – 2:00 pm <b>Enhance Special Program</b>		1:00 – 2:00 pm <b>Enhance Special Program</b>	11:45– 12:45pm <b>Yoga</b> Helen	1:00 – 2:00 pm <b>Enhance Special Program</b>	
1:00 – 2:00pm <b>Pedaling for Parkinson’s Special Program</b>	2:00 – 3:00pm <b>Modified Aqua Aerobics</b> Dyan/ Heather (pool)	1:00 – 2:00pm <b>Pedaling for Parkinson’s Special Program</b>	2:00 – 3:00pm <b>Modified Aqua Aerobics</b> Dyan (pool)	1:00 – 2:00pm <b>Pedaling for Parkinson’s Special Program</b>		
4:20 – 5:20pm <b>LESMILLS BODYPUMP</b> Lynne	4:30 – 5:20pm <b>Spin</b> Dax	4:30 – 5:20pm <b>Functional Pilates</b> Charise	4:30 – 5:25pm <b>INSANITY</b> Joanne	<p><b>Ages 12 years and up are welcome to participate in any of our group exercise classes.</b></p> <p><b>GROUP EXERCISE CLASS FEE:</b>            Members: Free            General Public: \$8.00            Punch Card: \$80.00 for 11 visits</p> <p>Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.</p> <p><b>Effective October 3 – December 31</b></p>		
5:30 – 6:30pm <b>LESMILLS BODYATTACK</b> Joanne	5:30 – 6:30pm <b>LESMILLS BODYPUMP</b> Cathy	5:30 – 6:30pm <b>LESMILLS BODYCOMBAT</b> Joanne	5:30 – 6:30pm <b>LESMILLS BODYPUMP</b> Charise			
6:35– 7:05pm <b>LESMILLS CXWORX</b> Joanne	6:30 – 7:30pm <b>Aqua Aerobics</b> Katie (pool)	6:45 – 7:45 pm <b>Yoga</b> Alexandra	6:30 – 7:30pm <b>Aqua Aerobics</b> Katie (pool)			
7:10 – 8:10pm <b>Yoga</b> Aubrey	6:45 – 7:45pm <b>Zumba</b> Mark		6:45 – 7:45pm <b>Zumba</b> Traci			

# Marquette Group Exercise Class Descriptions

## **AQUA AEROBICS or MODIFIED WATER AEROBICS– 60 minute class**

Aqua aerobics is a low impact aerobic conditioning, resistance training and flexibility class; no swimming is required. Modified version is a slower pace.

## **CARDIO INTERVAL — 45 minute class**

Based on high intensity interval training, one minute of cardio followed by one minute of strength activity. Repeating circuits with recovery in between.

## **FUNCTIONAL PILATES – 50 or 60 minute class**

Increases core stability and improves flexibility and balance. Stability ball & weights may be used.

## **INSANITY - 50 minute class**

INSANITY is a revolutionary high intensity interval training, total body conditioning workout. Based on the principles of MAX Interval Training, INSANITY is designed to beat the stress adaptation response, pushing you to fast results through a safe, challenging, cardio based class.

## **LES MILLS BODYATTACK – 60 minute class or 30 or 45 minute express**

This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit.

## **LES MILLS BODYCOMBAT – 60 minute class**

Strike, punch, kick and kata your way through calories to superior cardio fitness. BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai.

## **LES MILLS BODYFLOW – 60 minute class or 30 minute express**

Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music creates a holistic workout.

## **LES MILLS BODYPUMP - 60 minute class**

BodyPump uses THE REP EFFECT™, a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

## **LES MILLS CXWORX - 30 minute class**

Based on cutting-edge scientific research, this program is the ultimate way to get a tight, toned core and improved functional strength for balance, mobility and injury prevention. It's dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body.

## **LES MILLS RPM - 50 minute class**

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

## **STAND OR SIT AND BE FIT– 45 minute class**

This class is designed as a total body conditioning class using equipment that you can stand or sit as needed for all levels and is geared towards the older population to encourage fitness, fun and friends!

## **SPIN – 40, 50 or 60 minute class**

This indoor cycling class is tailored for all levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music. Some classes include 15-20 minutes of "core" work using pilates, floor, balls, or weights.

## **STEP – 50 or 60 minute class**

Take a step toward complete fitness by stepping up, down, and around an adjustable step bench. The 60 minute class includes muscle conditioning with weights, bands, discs or tubing.

## **YOGA and CHAIR YOGA – 45 or 60 minute class**

Various styles of yoga that focus on breathing and posture along with a series of poses to restore the body to a more healthful state. Gentle yoga is a slower pace. Chair Yoga allows participants a slower pace and help with a chair for stability and seated options for easier options, which is great for older populations.

## **ZUMBA/ZUMBA GOLD – 45 or 60 minute class**

A fusion of Latin and International music and dance themes. Routines feature aerobic and interval training with a combination of fast and slow rhythms that tone & sculpt. Zumba Gold great for seniors and beginners.