

YMCA SPRING 2014 GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00am LESMILLS BODYCOMBAT Aubrey	5:45 - 6:15am LESMILLS CXWORX Charise	6:00 - 7:00am LESMILLS BODYPUMP Charise	5:45 - 6:15am LESMILLS CXWORX Lynne	6:00 - 7:00am LESMILLS RPM Jeff		
7:10 - 8:10am LESMILLS BODYPUMP Rebecca	6:20 - 7:00am Spin Jess	8:20 - 9:00 am Beginner Spin Cari	6:20 - 7:00am Step Lynne		8:00 - 9:00am LESMILLS BODYPUMP Alternates	10:15 - 11:15am Functional Pilates Charise
9:15 - 10:15am Spin/Core Cari	9:15 - 10:15am Step Lynne	9:15 - 10:15am LESMILLS BODYPUMP Lynne/ Joanne	9:15 - 9:45am LESMILLS CXWORX Kelly/ Joanne	9:15 - 10:15am Spin Marissa	9:05 - 9:55am Step Carol	11:20 - 12:20pm Spin or RPM Alternates
9:15 - 10:15am Aqua Aerobics Erin (pool)	10:20 - 10:50am LESMILLS CXWORX Lynne	9:15 - 10:15am Aqua Aerobics Cari	9:50 - 10:50am LESMILLS BODYATTACK Joanne	9:15 - 10:15am Aqua Aerobics Laura (pool)	10 - 10:30am LESMILLS CXWORX Joanne	12:25 - 1:25pm LESMILLS BODYFLOW Alternates
10:30 - 11:30am LESMILLS BODYPUMP Joanne	10:30-11:15am Chair Yoga Theresa (Gym)	10:30 - 11:30am Spin Joanne	10:30-11:15am Stand or Sit and Be Fit! Gail (Gym)	10:30-11:30am LESMILLS BODYCOMBAT Joanne	10:40-11:40am LESMILLS BODYATTACK Joanne	1:30 - 2:30pm Zumba Angie/ Kim
	11:00 - 12:00pm Yoga Kalil	12:00-1:00pm BodyFlow Express Theresa/ Lynne	11:00-12:00pm LESMILLS BODYFLOW Sarah	12:00 - 1:00pm Yoga Bob	12:00 - 2:00pm Karate Registered Program	
4:20 - 5:20pm LESMILLS BODYPUMP Lynne		4:30 - 5:20pm Functional Pilates Charise				
5:30 - 6:30pm LESMILLS BODYATTACK Joanne	2:00 - 3:00pm Modified Aqua Aerobics Erin (pool)	5:30 - 6:30pm LESMILLS BODYCOMBAT Joanne	2:00 - 3:00pm Modified Aqua Aerobics Rachel (pool)			
6:35-7:05pm LESMILLS CXWORX Joanne	4:30 - 5:20pm LESMILLS RPM Jeff	6:35-7:05pm LESMILLS CXWORX Debbie	4:30 - 5:20pm Step Tonya	4:30- 5:30pm LESMILLS BODYCOMBAT Aubrey		
7:15 - 8:15pm LESMILLS BODYFLOW Amanda/ Kimber	5:30 - 6:30pm LESMILLS BODYPUMP Charise	7:15 - 8:15 pm Yoga Alternates	5:30 - 6:30pm LESMILLS BODYPUMP Joanne			
	6:30 - 7:30pm Aqua Aerobics Katie (pool)		6:30 - 7:30pm Aqua Aerobics Aubrey (pool)			
	6:45 - 7:45pm Zumba Kimberly/ Angie		6:45 - 7:45pm Zumba Angie			

Ages 12 years and up are welcome to participate in any of our group exercise classes.

GROUP EXERCISE CLASS FEE:
Members: Free
General Public: \$7.00
Punch Card: \$35.00 for 6 visits

Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.

**Effective
April 1 - June 15**

Marquette Group Exercise Class Descriptions

AQUA 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 CIRCUIT – 60 minute class

An aerobic workout including floor aerobics and boot camp moves with timed segments of weights or tubing.

FUNCTIONAL PILATES – 50 or 60 minute class

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

LES MILLS BODYATTACK – 60 minute class

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 or SPIN & CORE – 40, 45 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 or STEP INTERVAL– 30, 45 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 – 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 – 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.