

YMCA WINTER GROUP EX SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00am LESMILLS BODYPUMP Dax	5:45 - 6:15am LESMILLS CXWORX Sarah	6:00 - 7:00am LESMILLS BODYCOMBAT Aubrey	5:45 - 6:15am LESMILLS CXWORX Lynne	6:00 - 7:00am Spin Aubrey		
	6:20 - 7:00am Spin Dax		6:20 - 7:00am BODYFLOW Express Lynne		8:00 - 9:00am LESMILLS BODYPUMP Alternates	10:15 - 11:05am Functional Pilates Charise
8:15 - 9:00am Stand or Sit and Be Fit! Jen	9:15 - 10:15am Step Lynne	9:15 - 10:15am LESMILLS BODYPUMP Lynne	8:15 - 9:00am Beginner RPM Rebecca	8:15 - 9:00am Stand or Sit and Be Fit! Gail	9:05 - 9:55am Step Alternates	11:10 - 12:10pm LESMILLS RPM Sarah/Rebecca
9:15 - 10:15am Spin Marissa	10:25 - 10:55am LESMILLS CXWORX Lynne	9:15 - 10:15am Aqua Aerobics Darlene/ Dyan (pool)	9:15 - 9:45am LESMILLS CXWORX Kelly	9:15 - 10:15am LESMILLS BODYPUMP Joanne	10 - 10:30am LESMILLS CXWORX Joanne	12:15 - 1:15pm LESMILLS BODYFLOW Sarah
9:15 - 10:15am Aqua Aerobics Julie (pool)	11:00 - 12:00pm LESMILLS BODYFLOW Theresa	10:30 - 11:30am Spin Joanne	9:50 - 10:50am LESMILLS BODYATTACK Joanne	9:15 - 10:15am Aqua Aerobics Alternates (pool)	10:40 - 11:40am LESMILLS BODYATTACK Joanne	1:20 - 2:20am LESMILLS BODYCOMBAT Aubrey
10:30 - 11:30am LESMILLS BODYPUMP Joanne	12:05 - 12:55pm Chair Yoga Theresa		11 - 12pm LESMILLS BODYFLOW Lynne	10:30 - 11:30am LESMILLS BODYCOMBAT Joanne		
12:00 - 1:00pm Moving for Better Balance Special Program	1:00 - 2:00 pm Enhance Special Program	12:00 - 1:00pm Moving for Better Balance Special Program	1:00 - 2:00 pm Enhance Special Program		1 - 2pm Enhance Special Program	
1:15 - 2:15pm Pedaling for Parkinson's Special Program	2:00 - 3:00pm Modified Aqua Aerobics Dyan/Kristen (pool)	1:15 - 2:15pm Pedaling for Parkinson's Special Program	2:00 - 3:00pm Modified Aqua Aerobics Dyan (pool)	1:15 - 2:15pm Pedaling for Parkinson's Special Program		
4:20 - 5:20pm LESMILLS BODYPUMP Lynne	4:30 - 5:20pm Spin Aubrey	4:35 - 5:20pm Functional Pilates Charise	4:30 - 5:25pm INSANITY Joanne			
5:30 - 6:30pm LESMILLS BODYATTACK Joanne	5:30 - 6:30pm LESMILLS BODYPUMP Charise	5:30 - 6:30pm LESMILLS BODYCOMBAT Joanne	5:30 - 6:30pm LESMILLS BODYPUMP Charise	5:30 - 6:30pm Spin/RPM Alternates		
6:35 - 7:05pm LESMILLS CXWORX Joanne	6:30 - 7:30pm Aqua Aerobics Katie (pool)	6:35 - 7:30pm INSANITY Joanne	6:30 - 7:30pm Aqua Aerobics Katie (pool)			
7:15 - 8:15pm LESMILLS BODYFLOW Kimber	6:45 - 7:45pm Zumba Mark	7:30 - 8:30 pm Yoga Helen	6:45 - 7:45pm Zumba Traci			

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
January 1 - March 31**

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.

FUNCTIONAL PILATES – 50 or 60 minute class

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

INSANITY— 30 (express) or 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 - 45 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.

STRONG BODIES - 60 minute class

This class is weightlifting to music for a total body workout. You will be utilizing a barbell and adjustable weights.

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 – 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.