



GROUP EXERCISE SCHEDULE

YMCA OF THE PRAIRIE October 27–December 23, 2013

■ Cardio
 ■ Water
 ■ Low Impact
 ■ Mind, Body
 ■ Strength

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 a.m.	Cycling Marcie (60 min)	TRX Jessica S (45 min)	Cycling Marcie (60 min)	TRX Jessica S (45 min)	Cycling Marcie (60 min)
8:00 a.m.		Water Wake Up Connie (60 min)		Water Wake Up Connie (60 min)	
8:15 a.m.	Move & Groove Beth (45 min)	Fit for Life Kris (45 min)	Move & Groove Beth (45 min)		Fit for Life Kris (45 min)
8:30 a.m.				Yoga Amanda (45 min)	
9:15 a.m.	Dance Fusion Laurel (45 min)	TRX Amanda (45 min)	Dance Fusion Michelle (45 min)	TRX Jessica S (45 min)	WAR Laurel (45 min)
10:00 a.m.	RIP Laurel (45 min)	Extreme Core Amanda (45 min)	RIP Tasha (45 min)		RIP Laurel (45 min)
12:15 p.m.	RIP Tasha (30 min)	RIP Tasha (30 min)	RIP Steph (30 min)	RIP Steph (30 min)	TRX Steph (30 min)
4:30 p.m.	TRX Steph (45 min)	Dance Fusion Laurel (45 min)	TRX Steph (45 min)	Power Step Laurel (45 min)	
5:15 p.m.	RIP Steph (45 min)	Power Step Laurel (45 min)	RIP Laurel (45 min)	WAR Laurel (45 min)	
5:30 p.m.	Aqua Blast Pamela (45 min)		Aqua Blast Teresa (45 min)		
6:00 p.m.	Dance Fusion Rachel (45 min)	Low Impact Chisel Kris (45 Min) Aqua Blast Tami (45 min)	TRX Jessica S (30 min)	Aqua Blast Tami (45 min)	
6:05 p.m.			Stretch Max Laurel (45 min) Community Rm.		
6:30 p.m.			Dance Fusion Rachel (45 min)		
6:45 p.m.	Yoga Annette (60 min)				

SATURDAY CLASSES

Date	Class	Time	Instructor	Date	Class	Time	Instructor
Nov 2	Launch Party	9–10:15	Laurel, Steph, Tasha	Dec 7	Dance Fusion	9–9:45	Michelle
Nov 9	Fit For Life	9–9:45	Kris	Dec 7	Aqua Blast	10–10:45	Kris
Nov 9	Dance Fusion	9:45–10:30	Rachel	Dec 14	Yoga	9–9:45	Annette
Nov 16	Intro to Insanity	9–10	Tasha, Steph	Dec 14	Aqua Blast	10–10:45	Kris
Nov 23	Power Step/Rip	9 & 9:45	Laurel	Dec 21	Insanity Fit Test	9–10	Tasha, Steph
Nov 30	Rev it up w/TRX	9–10:15	Amanda, Jessica S	Dec 21	Aqua Blast	10–10:45	Kris



Class Descriptions

STRENGTH CLASSES

RIP — RIP is a barbell class designed by top fitness professionals from the Group RX program. Traditional exercises are matched to energizing music to create a simple, fun and powerful way to strength train. The 45 minute RIP classes will hit all the major muscle groups and the 30 minute RIP class will alternate muscle groups on different days. What are you waiting for, GET RIPPED!

TRX— Men's Health named TRX the best new "Total Body Tool." Celebrities and pro athletes are calling it their favorite workout. TRX develops cardiovascular fitness, strength, power, balance and core stability simultaneously. Space limited to 13 people per class.

CARDIO CLASSES

WAR—There's nothing stopping you from having your best body and feeling like a champion. WAR is a simple athletic kickboxing and martial arts workout that caters to men and women of all fitness levels. Designed for you by top fitness professionals from Group RX and backed with heart pumping music, you will become ARMED and DANGEROUS in no time!

Power Step — Put POWER in your STEP! Basic, energizing fun moves are designed for you by top fitness professionals from Group RX to push your cardio into high gear. Power, Interval and Speed tracks will mix up the workout. POWER STEP will torch calories and tone the lower body with every step you take!

Dance Fusion — Join us for the hottest, calorie burning workout around! Dance Fusion is exercise in disguise. You will be having so much fun dancing, shaking and moving you'll forget you're working out! Dance ability not needed, just the ability to have fun while you work out.

Group Cycling — Instructors will lead you through a series of climbing hills and sprinting flats in a cardio workout incorporating the mind, body, and spirit. Class will be followed by strength work for abs, arms, or legs on different days of the week.

Extreme Core— Get your heart pumping with a high intensity interval training cardio class that will incorporate core strengthening exercises.

WATER CLASSES

Water Wake-Up — Gentle low impact water aerobics class will get you going in the morning, focusing on improving cardiovascular fitness, strength and flexibility while easing impact to the joints.

Aqua Blast — Get moving with cardio water aerobics using water dumbbells, noodles, balls, resistance bands & more. A high intensity workout with less stress to the joints than land based exercise.

LOW-IMPACT CLASSES

Fit for Life — Get a full body workout in a low impact land class that will focus on cardio, strength, and flexibility set to music geared for the older adult.



Move & Groove — Fun low impact workout that will have you dancing the cha cha, salsa, even country. No dance experience required, just be ready to have fun!

Low Impact Chisel— Burn off calories and define muscles by combining low-impact cardio bursts with a variety of exercises for each muscle group using various equipment to challenge your body like never before.

MIND, BODY CLASSES

Yoga — Achieve relaxation and stress relief through the union of mind, spirit and body. YOGA will increase flexibility, strength and endurance in a friendly atmosphere. YOGA is great for those of all ages and abilities.

Stretch Max — Most of us devote time to cardio and strength training but flexibility is just as important. By using a wide variety of stretching techniques and foam rolling, this class will increase flexibility and release muscle tension. Pilates based core stabilization and lengthening techniques will also be included. STRETCH MAX will help with injury prevention, sore muscles, flexibility and core stabilization .

YMCA group exercise classes are included in your membership. Getting involved in classes improves your chance of developing a fitness routine.