



# GROUP EXERCISE SCHEDULE

YMCA OF THE PRAIRIE Jan. 2nd—Feb 28th

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

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 a.m.	<b>Cycling</b> Marcie (60 min) <b>*Yoga (Pool)</b> Valerie (45 min)	<b>TRX</b> Jessica S (45 min)	<b>Cycling</b> Marcie (60 min)	<b>Fit Camp</b> Jessica S (45 min)	<b>Cycling</b> Marcie (60 min) <b>*Yoga (Pool)</b> Valerie (45 min)
8:00 a.m.		<b>Water Wake Up</b> Connie J (60 min)		<b>Water Wake Up</b> Connie J (60 min)	
8:15 a.m.	<b>Move &amp; Groove</b> Beth (45 min)	<b>Fit for Life</b> Lori (45 min)	<b>Move &amp; Groove</b> Beth (45 min)		<b>Fit for Life</b> Lori (45 min)
9:15 a.m.	<b>*Dance Fusion</b> Laurel (45min)	<b>TRX</b> Laurel (45 min)	<b>Fit Camp</b> Jessica S (45 min)	<b>TRX</b> Jessica S (45 min)	<b>War</b> Laurel (45min)
10:00 a.m.	<b>RIP</b> Laurel (45 min)	<b>Stretch Max</b> Laurel (45 min)	<b>Stretch Max</b> Jessica S (30 min)		<b>RIP</b> Laurel (45min)
12:15 p.m.	<b>RIP</b> Tasha (30 min)	<b>RIP</b> Tasha (30 min)	<b>TRIP</b> Tasha (30 min)	<b>RIP</b> Steph (30 min)	<b>TRX</b> Steph (30 min)
12:30 p.m.			<b>Line Dancing</b> Connie S (60min)		
4:30 p.m.	<b>TRX</b> Steph (45 min)	<b>Power Step</b> Andi (45 min)	<b>TRX</b> Steph (45 min)	<b>Insanity</b> Steph (50 min)	
5:00 p.m.		<b>Aqua Fusion</b> Rachel (30 min)			
5:30 p.m.	<b>Aqua Blast</b> Pamela (45 min)	<b>Aqua Blast</b> Tami (45 min)	<b>Aqua Blast</b> Teresa (45 min)	<b>Aqua Blast</b> Tami (45 min)	
5:30 p.m.	<b>RIP</b> Steph (45 min)	<b>Insanity</b> Steph (30 min)	<b>RIP</b> Andi (45 min)	<b>Power Step</b> Laurel (*30 min)	
6:00 p.m.		<b>Butts &amp; Guts</b> Kris (30 min)		<b>*Shape Up</b> Laurel (*30 min)	
6:15 p.m.	<b>Dance Fusion</b> Rachel (30 min)		<b>Dance Fusion</b> Rachel (30 min)		
6:30 p.m.				<b>Dance Fusion</b> Laurel (*30 min)	
6:35 p.m.	<b>Beginning Strokes</b> Kristen (45 min)		<b>*Perfect Strokes</b> Kristen (45 min)		
6:45 p.m.	<b>Yoga</b> Annette (60 min)	<b>Yoga-Gentle Flow</b> Annette (60 min)	<b>*Cardio Kickboxing</b> Jess S (30min) <b>Stretch Max</b> Rachel (30 min) Community Rm.		

## January

Date	Saturday Classes:	Time	Instructor
1/3	Fit Camp/Butts & Guts	9:15/10	Kris
1/10	Dance Fusion	9:15	Rachel
1/10	TRIP	10	Tasha
1/17	War/Rip	9:15/10	Laurel
1/17	Aqua Blast	10:00	Teresa
1/24	Insanity & RIP	9:15-10:15	Steph & Tasha
1/31	Cardio Kickboxing	9:15	Jess S
1/31	Stretch Max	10	Jess S

## February

Date	Saturday Classes:	Time	Instructor
2/7	Power Step/RIP	9:15/10	Andi
2/14	Fit Camp/Butts & Guts	9:15/10	Kris
2/14	Aqua Blast	10	Pam
2/21	Dance Fusion/TRX	9:15/10	Laurel
2/28	Fit Camp/Stretch Max	9:15/10	Jess S

\*New or Changed



# 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.

**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.

**Shape Up**—Define the muscles in your arms and create a six pack that we are all looking for. Shape Up will focus on building upper body strength.

**TRIP**—Combining our two popular strength classes TRX and RIP will allow you to get a full body workout in a slightly different way.

## CARDIO CLASSES

**Fit Camp**—Intervals of cardio and strength training drills are performed for a maximum calorie and muscle burn!

**Power 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!

**Insanity**—No need to be in extreme shape to participate in Insanity. This class focuses on Max Interval Training to keep you working at your maximum capacity through the entire workout.

**War**—WAR is a simple athletic kickboxing and martial arts workout for all fitness levels. Designed for you by top fitness professionals from Group RX and backed with heart pumping music, you will become armed & dangerous in no time!

**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.

**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.

**Cardio Kickboxig**—A popular training program that is a fun, action-packed workout which combines martial arts, and boxing. You get a challenging cardiovascular and full body workout as you kick, punch, block and move in each class.

## WATER CLASSES

**Water Wake-Up**—This 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.

**Aqua Fusion**—For those of you that love regular Dance Fusion, but need a lower impact option, this is for you! We're taking the party to the water. Aqua Fusion creates a workout that is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Beginner Strokes**—Learn how to perfect your stroke, including breathing techniques, proper kicking and arm movement. Will include work on several different strokes.

**Perfect Strokes**—Do you want to increase your speed and perfect stroke technique. Learn how to train for competition events. This class is for you!



## 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!

**Butts & Guts**—Time to sculpt and tighten all the muscles of the lower body and core with this toning class. Workout will focus on the abs, glutes, legs, and lower back using light weights and body resistance.

**Line Dancing**—Learn some fun line dances or just come for the great exercise. Studies have shown that line dancing helps with memory, balance, cardiovascular health and avoiding vertigo. Plus, you'll be having so much fun, you won't know you are exercising!

## MIND, BODY CLASSES

**Yoga-Gentle Flow**—Improve your ability to relax and deal with stress in this class, open to all levels and abilities. It focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness. You will learn techniques to help you gain flexibility.

**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. 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.