



GROUP EXERCISE SCHEDULE

YMCA OF THE PRAIRIE March 2nd—May 1st

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

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

March

Date	Saturday Classes:	Time	Instructor
3/7	Rachel's Farewell Dance Party	9:15	Rachel & Laurel
3/14	A Taste of Boot Camp	9:15	Tasha & Adam
3/21	Power Step & Rip	9:15 & 10	Andi
3/28	Insanity (30 min) & PiYo	9:15 & 10	Tasha/Ashton

April

Date	Saturday Classes:	Time	Instructor
4/4	Cardio Kickboxing & Stretch	9:15 & 10	Jessica S.
4/11	Fit Camp & Shape up	9:15 & 10	Laurel
4/18	Dance Fusion & PiYo	9:15 & 10	Anna/Ashton

*No Classes Friday April 3rd—Good Friday

*New or Changed



Class Descriptions

STRENGTH CLASSES

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.

***TRX HIIT** TRX, "a great strength training tool," will be mixed with high intensity exercises giving you an all around full body workout.

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 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 Kickboxing 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

***Power Wave** Make waves with this high intensity water class that will get your heart pumping and your body sweating with boot camp style workouts in the pool.

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!

***PiYo** This low-impact, high intensity workout combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga. With cranked up speed and fluid transitions, you will get your strength, sweat and stretch on—in each workout.

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.