



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All Group Exercise Classes are FREE
with a Y membership. No need to
sign-up. *(Unless otherwise indicated)*

GROUP EXERCISE SCHEDULE

SPRING 1 SESSION: FEBRUARY 21-APRIL 16

MONDAY

Time	Class (Instructor)	Room
AM CLASSES		
5:15-6:05	Boot Camp (Stephen)	GYM
9:15-10:05	Cardio Blender (Jules)	TF
9:15-10:15	Power Pump (Meagen)	FS
10:30-11:00	Zumba Gold® (Rose Marie)	FS
10:30-11:00	Express Cycle (Ashley)	CA
PM CLASSES		
4:15-5:05	Zumba® (Robert)	FS
5:15-6:05	Boot Camp (Jules)	GYM
6:15-7:00	Aquacise**Paid Class (Gail)	POOL
7:15-8:05	Zumba® (Lexi)	FS

TUESDAY

Time	Class (Instructor)	Room
AM CLASSES		
8:15-9:05	Fit for Life (Annette)	FS
9:15-10:05	Zumba® (Annette)	FS
9:50-10:20	Express Cycle (Meagen)	CA
10:30-11:00	Y-Get Moving (Annette)	FS
10:30-11:20	HIIT (Meagen)	GYM
PM CLASSES		
5:15-6:05	Total Tone (Marianne)	FS
5:15-5:45	Turbo Tabata (Jules)	GYM
5:50-6:15	Ab Blast (Jules)	GYM
6:15-7:05	Just Cycle (Ashley)	CA
6:15-7:05	Barre Fitness (Marianne)	FS
6:15-7:00	Aquacise** Paid Class (Gail)	POOL
7:15-8:05	Zumba® (Lexi)	FS

WEDNESDAY

Time	Class (Instructor)	Room
AM CLASSES		
5:15-6:05	Boot Camp (Stephen)	GYM
9:15-10:05	Cardio Blender (Jules)	TF
9:15-10:15	Power Pump (Angel)	FS
10:30-11:00	Zumba Gold® (Rose Marie)	FS
10:30-11:00	Express Cycle (Ashley)	CA
PM CLASSES		
4:15-5:05	Zumba® (Robert)	FS
5:15-6:05	Boot Camp (Jules)	GYM
6:15-7:00	Aquacise** Paid Class (Gail)	POOL
7:15-8:05	Zumba® (Annette)	FS

THURSDAY

Time	Class (Instructor)	Room
AM CLASSES		
8:15-9:05	Fit for Life (Annette)	FS
9:15-10:05	Zumba® (Annette)	FS
9:50-10:20	Express Cycle (Meagen)	CA
10:30-11:00	Y-Get Moving (Annette)	FS
10:30-11:20	HIIT (Angel)	GYM
PM CLASSES		
5:15-6:05	Total Tone (Marianne)	FS
5:15-5:45	Turbo Tabata (Jules)	GYM
5:50-6:15	Ab Blast (Jules)	GYM
6:15-7:05	Just Cycle (Marianne)	CA
6:15-7:05	50-50 (Annette)	FS
6:15-7:00	Aquacise** Paid Class (Gail)	POOL
7:15-8:05	Zumba® (Annette)	FS

FRIDAY

Time	Class (Instructor)	Room
AM CLASSES		
8:15-9:05	Fit for Life (Annette)	FS
9:15-10:05	Cardio Blender (Annette)	TF
9:15-10:15	Boot Camp (Meagen/Angel)	FS
10:30-11:00	Y-Get Moving (Annette)	FS
10:30-11:00	Express Cycle (Ashley)	CA

SATURDAY

Time	Class (Instructor)	Room
AM CLASSES		
8:15-9:05	Zumba® (Robert)	FS
9:15-10:05	50-50 (Jules)	FS

ROOM CAPACITY

Classes are first come, first serve

FS	Fitness Studio	30
TF	Teen Fitness Center	15
CA	Cycling Alcove-East of Cardio Center	15
GYM	Gymnasium-West Court	30
MPR	Multipurpose Room-NE End of Track	30

PORTAGE TOWNSHIP YMCA

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CARING • HONESTY • RESPECT • RESPONSIBILITY • FAITH

GROUP EXERCISE CLASS DESCRIPTIONS

BEGINNER/EASY LEVEL CLASSES

Aquacise – (45 minutes) A fun, low-impact group exercise class for swimmers and non-swimmers alike. This class focuses on aerobic endurance, muscular endurance, and balance all in the water! This class is great for all fitness levels! Class takes place at the **Portage High School – West Pool**. ****Additional fee required to participate. Register at the Welcome Center.**

Fit for Life – (50 minutes) In this class you can expect low-impact aerobics, strength-training, and toning. All exercise is taught from either a standing position or while sitting in a chair.

Y-Get Moving – (30 minutes) This class gets people moving and helps them become stronger and more flexible. Participants in this course can expect a variety of exercises designed to improve functional activities of daily living while sitting or standing.

Zumba Gold® – (30 minutes) A modified Zumba® class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, balance, range of motion, and coordination! Come ready to sweat, and prepare to leave empowered and feeling strong.

MULTI-LEVEL CLASSES

Ab Blast – (25 minutes) This intense abdominal and core focused class uses a variety of moves, angles, and equipment that are sure to firm up and condition all of your core muscles while having fun in a challenging group setting. You'll look great AND gain essential core strength that will benefit your balance, posture, and overall fitness.

Barre Fitness – (50 minutes) Experience a full body toning routine combining dance inspired barre work with fat burning motion to sculpt lean muscle, strengthen the core, and boost weight loss potential. Using body weight, medicine balls, hand weights, barbells, or bands you will create a lean, toned dancer's physique while learning to get the most out of each move.

Cardio Blender – (50 minutes) Experience a variety of cardio based exercises that are sure to rev up your heart rate and keep your pulse pumping! No class is the same so you will always be challenged and never get bored!

Express Cycle – (30 minutes) In this classic cardio workout you can expect an express ride of 30 minutes of just cycling. This class focuses on cardio challenges, hill climbs, endurance segments, fast flats, standing and seated runs, sprints, and intervals at varying speeds and resistance for all participant levels. Every ride is different; come ride with us!

50-50 – (50 minutes) Cardio, strength, and intensity all in one. This class combines high intensity cardio intervals with various movements to deliver the intense workout you want. Classes will vary every time and can include a mixture of aerobics, kickboxing, stepping, medicine balls, weights, bands, and more!

Just Cycle – (50 minutes) In this classic cardio workout you can expect a full 50 minutes of just cycling. This class focuses on cardio challenges, hill climbs, endurance segments, fast flats, standing and seated runs, sprints, and intervals at varying speeds and resistance for all participant levels. Every ride is different; come ride with us!

Power Pump – (50 minutes) Feel the BURN! Shredding pounds and toning muscles is the name of the game in this high-energy class. Using our barbells, you pick your weight and pump your muscles to the beat of the music.

Total Tone – (50 minutes) Get longer, leaner muscles AND another leap toward your fitness goals in this class that mixes the principles of Pilates and Yoga with dumbbells, stability balls, medicine balls, resistance bands, and various lifting techniques.

Zumba® – (50 minutes) Feel the music! Upbeat music will keep your feet moving in this fun and energetic class. Based on Latin dancing, this class will be sure to get your whole body cha-cha-cha-ing into shape!

ADVANCED/HARD LEVEL CLASSES

Boot Camp – (50 minutes) Find your inner warrior and push your limits in this advanced group exercise class. This class will use a variety of exercises to give you the full body workout you want. You will use Battling Ropes, TRX, medicine ball slams, sled pushes/pulls, and more! Beginners beware, this is only for those seeking a SERIOUS work out!

HIIT – (50 minutes) Achieve more with High Intensity Interval Training (HIIT)! This class is jam-packed with cardio and strength training moves consisting of short periods of high-intensity exercise intervals intermingled with intervals of active recovery to reveal some serious results and reach new levels of fitness!

Turbo Tabata – (30 minutes) Get the most calorie burn in the shortest time with high tempo intervals, plyometrics, and intense cardio blast moves! This class delivers an intense full body workout in just 30 minutes.

At the Y, we are always looking to best meet the needs of our members, guests, and community. If there is a way we can better meet your needs we'd love to hear from you! Volunteer your time and join the Group Exercise Committee to share your feedback!

**Contact Amber Zimmer – Healthy Living Director
amberz@ymcaofportage.org.**

NOTE: All classes are designed to be multi-level and have the ability to be modified to meet the needs of varying fitness levels. Please see your group exercise instructor if you have specific questions/concerns.