



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

All Group Exercise Classes are included in your Y membership.
(Unless otherwise indicated)

GROUP EXERCISE SCHEDULE

FALL 2 SESSION: OCTOBER 30TH – DECEMBER 31ST

MONDAY

Time	Class (Instructor)	Room
AM CLASSES		
5:15-6:05	Boot Camp (Danielle)	GYM
9:15-10:05	Cardio Drumming (Danielle)	TF
9:15-10:05	Power Pump (Meagen)	FS
10:15-10:50	Express Cycle (Ashley)	CA
10:15-11:05	Cardio & Stretch (Pat)	FS
PM CLASSES		
5:15-6:05	Boot Camp (Amanda)	GYM
6:15-6:50	Gentle Yoga (April)	TF
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
10:15-11:05	Core & More (Tyler)	TF
10:15-11:05	HIIT (Sarah)	GYM
10:15-11:05	SilverSneakers® Classic (Annette)	FS
11:15-12:05	Sculpt & Stretch (Tyler)	FS
PM CLASSES		
5:15-6:05	Flip Fusion (Jennifer)	FS
5:15-6:05	Total Body Tabata (Anna)	GYM
6:15-7:00	Aquacise**Paid Class (Gail)	POOL
6:15-7:05	Power Pump (Cloe)	FS
7:15-8:05	Zumba® (Lexi)	FS

WEDNESDAY

Time	Class (Instructor)	Room
AM CLASSES		
5:15-6:05	Boot Camp (Danielle)	GYM
9:15-10:05	Cardio Drumming (Danielle)	TF
9:15-10:05	Power Pump (Angel)	FS
10:15-10:50	Express Cycle (Ashley)	CA
10:15-11:05	Cardio & Stretch (Pat)	FS
PM CLASSES		
5:15-6:05	Boot Camp (Amanda)	GYM
6:15-6:50	Gentle Yoga (April)	TF
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
10:15-11:05	Core & More (Tyler)	TF
10:15-11:05	HIIT (Angel)	GYM
10:15-11:05	SilverSneakers® Classic (Annette)	FS
11:15-12:05	Sculpt & Stretch (Tyler)	FS
PM CLASSES		
5:15-6:05	Flip Fusion (Jennifer)	FS
5:15-6:05	Total Body Tabata (Anna)	GYM
6:15-7:00	Aquacise**Paid Class (Gail)	POOL
6:15-7:05	Power Pump (Cloe)	FS
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	Fitness Blender (Annette)	TF
9:15-10:05	Power Circuit (Meagen)	FS
10:15-11:05	SilverSneakers® Classic (Annette)	FS

SATURDAY

Time	Class (Instructor)	Room
AM CLASSES		
9:15-10:05	50-50 (Danielle)	FS
10:15-11:05	Zumba® (Melissa)	TF

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

**MAKE NEW FRIENDS AND
 BECOME YOUR BEST SELF
 WITH GROUP EXERCISE**

GROUP EXERCISE CLASS DESCRIPTIONS

BEGINNER LEVEL CLASSES

Aquacise – (50 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. Register at Welcome Center. FREE for Bonner Center Members.**

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.

Gentle Yoga – (35 minutes) In this class you can expect a beginner level yoga class that will teach the basic poses and movements in a flowing pattern. The importance of breath and meditation will also be practiced.

Sculpt & Stretch – (50 minutes) Class uses light to moderate resistance with high repetitions to help tone and strengthen all major muscle groups. A portion of the class will be dedicated to stretches that will lengthen muscles and increase flexibility.

SilverSneakers® Classic – (50 minutes) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

MULTI-LEVEL CLASSES

Cardio Drumming – (50 minutes) Feel the beat in this calorie torching drumming class that utilizes drum sticks and stability balls with continual upper body motion for a great cardio workout and a whole lot of fun!

Cardio & Stretch – (50 minutes) Experience a variety of cardio based exercises that are sure to rev up your heart rate. A portion of the class will be dedicated to stretches that will lengthen muscles and increase flexibility.

Core & More – (50 minutes) This class will help you build a more stable, powerful abdomen and lower back to improve fitness, straighten posture, provide a foundation for an active daily life, strong core, and more!

Express Cycle – (35 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, and 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 strengthening 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!

Fitness Blender – (50 minutes) Experience a variety of cardio, strength, and core exercises that are sure to rev up your heart rate, sculpt your muscles, and strengthen your core! No class is the same so you will always be challenged!

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 and dumbbells, you pick your weight and pump your muscles to the beat of the music.

Flip Fusion – (50 minutes) Heavy reps of concentrated muscle work with quick spurts of intense cardio. It's the ignite-your-body, catapult-your-strength training class that continues to keep your calories burning.

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 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 **H**igh **I**ntensity **I**nterval **T**raining (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!

Power Circuit – (50 minutes) This class offers a circuit style workout incorporating resistance training mixed with core and cardio HIIT exercises for a full body workout sure to deliver improved muscle tone, definition, and cardiovascular fitness.

Total Body Tabata – (50 minutes). Enjoy high intensity Tabata intervals that include bodyweight, plyometric, and agility sets. Mixed with a variety of innovative core techniques to blast away calories and tighten you up from head to toe.

GROUP EXERCISE SCHEDULE NOTES:

- All participants must be 14+ years of age (12-13 years with a parent) unless otherwise indicated.
- The YMCA reserves the right to cancel or change a class if minimum participation is not met.

Have Feedback? Email April Murphy Collier – Wellness Coordinator
april@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.

CARING • HONESTY • RESPECT • RESPONSIBILITY • FAITH