

## Portage Township YMCA Group Exercise Schedule for Monday, June 5 – Sunday, July 2, 2017

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday
	Studio A	Studio B	Other	Studio A	Studio B	Other	Studio A	Studio B	Other	Studio A	Studio B	Other	Studio A	Studio B	Other	Studio A
5:15am			Boot Camp in Gym (Danielle)						Boot Camp in Gym (Danielle)							Boot Camp in Gym (Danielle)
8:15am			Jazzercise in Gym @ 9am \$	Fit for Life (Annette)		Jazzercise in Gym @ 9am \$			Jazzercise in Gym @ 9am \$	Fit for Life (Annette)		Jazzercise in Gym @ 9am \$			Jazzercise in Gym @ 9am \$	
9:15am	Power Pump (Meagen)	Cardio & Strength (Cloe)		Zumba® (Annette)	Step, Plyo & Strength (Danielle)	&	Power Pump (Angel)	Cardio & Strength (Cloe)		Zumba® (Annette)	Step, Plyo & Strength (Danielle)	Mat Yoga in MPR (Cloe)*	Power Circuit (Meagen)	Fitness Blender (Annette)	Mat Yoga in MPR (Cloe)*	50/50 (Danielle)
10:15am	Cardio Drum (Meagen)	SilverSneakers® Yoga (Rose)*	Just Cycle in Cardio (Anna)	SilverSneakers® Classic (Annette)	HIIT (Anna)	Cosmic Cycle in Cardio (Danielle)	Cardio Drum (Meagen)	SilverSneakers® Yoga (Rose)		SilverSneakers® Classic (Annette)	HIIT (Angel)	Cosmic Cycle in Cardio (Danielle)	Cardio Drum (Meagen)	SilverSneakers® Classic (Annette)	Walk/Run in the Sun in Lobby (Sarah)	Cardio Drum (Danielle)
4:15pm				Jazzercise @ 4:10 \$					Jazzercise @ 4:10 \$							
5:15pm	Jazzercise \$	Tabata (Tiffany)	&	Power Pump (Danielle)	Jazzercise \$		Jazzercise \$	Zumba® Kids (Rose)*	&	Power Pump (Danielle)	Jazzercise \$		Jazzercise \$		Ab Blast (Tiffany)*	
			Cycle Circuit in Cardio (Anna)						Just Cycle in Cardio (Anna)							
6:15pm	Jazzercise \$	Zumba® Kids (Rose)*		Cardio Drum (Lexi)		Cosmic Cycle in Cardio (Danielle)	Jazzercise \$			Cardio Drum (Lexi)		Cosmic Cycle in Cardio (Danielle)				
7:15pm	Zumba® (Lexi)			Zumba® (Lexi)			Zumba® (Annette)			Zumba® (Annette)						

Most classes are 50 mins; Classes with \* indicate 35 mins class; Most classes for participants aged 12 years+; Zumba® Kids for ages 7-11 with /without parents; \$ = Jazzercise requires separate membership

# GROUP EXERCISE CLASS DESCRIPTIONS

## KIDS/WHOLE FAMILY CLASSES

**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!

**Zumba@ Kids** – (35 minutes) Zumba@ Kids classes feature kid-friendly routines based on original Zumba@ choreography. We break down the steps and add in games & activities into the class structure. Ages 7–11. Parents welcome! **\*NEW IN JUNE\***

## SILVERSNEAKERS@ CLASSES

**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.

**SilverSneakers@ Yoga** – (35 minutes) Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can form a variety of seated & standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction & mental clarity. **\*NEW IN JUNE\***

## MULTI-LEVEL CLASSES

**50-50** – (50 minutes) 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!

**Ab Blast** – (35 minutes) Focusing purely on strengthening your abs, glutes and thighs, a combination of strength-enhancing and muscle-toning exercise will blast calories in rapid time. **\*NEW IN JUNE\***

**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 & Strength** – (50 minutes) Experience a variety of cardio-based exercises that are sure to rev up your heart rate. This class also features strengthening exercises that will tone and sculpt your muscles for a full body workout.

**Cosmic Cycling** – (50 minutes) Cycling workout with upbeat music in a dimly-lit room with low lights makes for a class that is out of this world!

**Cycle Circuit** – (50 minutes) Cycle workout infused with body weight exercises for a circuit workout you won't forget!

**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!

**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.

**Just Cycle** – (50 minutes) In this classic cardio workout you can expect a full 50 minutes of cycling with 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!

**Mat 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.

**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.

**Step, Plyo, & Strength** – (50 minutes) Challenge your balance and stability in this class with plyometric and strength training exercises integrated with use of the step or Step360.

**Walk/Run in the Sun** – (45 minutes) Take a leisurely stroll, jog or run or push yourself for better time or stamina in a group setting. Hit the trails with one of our instructors who will take a phone for safety and be the last one in every time. **\*NEW IN JUNE\***

## HIGH INTENSITY CLASSES

**Boot Camp** – (50 minutes) This class will use a variety of exercises to give you the full body workout you want. You will use Batting Ropes, TRX, medicine ball slams, sled pushes/pulls, and more! Beginners beware, this is only for those seeking a SERIOUS work out!

**HITT** – (50 minutes) Achieve more with High Intensity Interval Training (HITT)! 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 HITT exercises for a full body workout sure to deliver improved muscle tone, definition, and cardiovascular fitness.

**Tabata** – (50 minutes) Timed intervals with short rest breaks will blast calories and burn fat. **\*NEW IN JUNE\***

### GROUP EXERCISE SCHEDULE NOTES:

- The YMCA reserves the right to cancel or change a class if minimum participation is not met.
- Classes are first come, first serve. Instructors will accommodate as many participants as safely able.
- When unable to attend class, instructors are required to find a substitute instructor that will teach a comparable class so class cancellations will be avoided.

**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.