



## GROUP EXERCISE SCHEDULE

### Portage Township YMCA

### August 14 - September 10, 2017



The YMCA will be closed on  
Monday, September 4th  
in observance of Labor Day.

AM	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT
	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A
5:15		Boot Camp Gym (Danielle)					Boot Camp Gym (Danielle)			Boot Camp Gym (Danielle)	
8:15		Jazzercise Gym 9am \$	Fit for Life (Annette)		Jazzercise Gym 9am \$		Jazzercise Gym 9am \$		Fit for Life (Annette)	Jazzercise Gym 9am \$	
9:15	Power Pump (Meagan)	Cardio & Strength (Danielle)	Zumba @ (Annette)	Step, Plyo & Strength (Danielle)	Power Pump (Angel)	Cardio & Strength (Danielle)	Zumba @ (Annette)	Step, Plyo & Strength (Danielle)	Power Circuit (Meagan)	Zumba @ (Annette)	50/50 (Danielle)
10:15	Cardio Drumming (Meagan)	Silver Sneakers @ Yoga* (Rose)	Silver Sneakers @ Classic (Annette)	HIIT Gym (Anna)	Cardio Drumming (Meagan)	Silver Sneakers @ Yoga* (Rose)	Silver Sneakers @ Classic (Annette)	HIIT Gym (Angel)	Cardio Drumming (Meagan)	Silver Sneakers @ Classic (Annette)	Cardio Drumming (Danielle)
PM	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT
	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A
4:15			Jazzercise 4:10pm \$				Jazzercise 4:10 \$				
5:15	Jazzercise \$	Ab Blast (Tiffany)	Power Pump (Danielle)	Jazzercise \$	Jazzercise \$		Boot Camp Gym (Amanda)	Power Pump (Danielle)	Jazzercise \$		
6:15	Jazzercise \$		Cardio Drumming (Lexi)		Jazzercise \$		Just Cycle Cardio (Anna)	Cardio Drumming (Lexi)			
7:15	Zumba @ (Lexi)		Zumba @ (Lexi)		Zumba @ (Annette)			Zumba @ (Annette)			

Portage Township YMCA 3100 Willowcreek Road Portage, IN 46368 219 762 9622 ymcaofportage.org

Most classes are 50 mins; Classes with \* indicate 35 min class  
Most classes for participants age 12+.  
\$ = Jazzercise & requires a separate membership (Y members receive 30% discount)

\*NEW for this SESSION: Mat Yoga led by Rachel,, TRX & Kickboxing led by Tiffany,  
Walk/Run led by Meagan(Tues), & Running Club led by Sarah (Th)

# 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!

## 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\*

## MULTI-LEVEL CLASSES

**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!

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

**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 exercise that will tone and sculpt your muscles for a full body workout.

**Cosmic Cycling** - (35 minutes) Strap in and let's spin! This stationary bike cycling class is sure to spin those calories out. Listening to upbeat music in a dimly-lit room full of low lights, you will get a unique vibe while you work out in this "Cosmic Class". All abilities welcome.

**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 min) In this class you can expect low-impact aerobics, strength-training, & toning. All exercise is taught from either a standing position or in a chair.

**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!

**Mat Yoga** - (55 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.

**Running Club** - (45 minutes) Hit the trails with one of our instructors who will take a phone for safety and be the last one in every time.

**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 Dumbbells, you pick your weight and pump your muscles to the heath of the music.

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

**Walk/Run** - (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\*

## HIGH INTENSITY 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!

**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.

**TRX & Kickboxing** - Experience the use of TRX straps to tone and tighten your entire body. With a mix of cardio while practicing your kickboxing skills.

## 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 the will teach a comparable class.
- **NOTE:** All classes are designed to be multi-level & have the ability to be modified to meet the needs of varying fitness level. Please see your group exercise instructor if you have specific questions/concerns

