

# GROUP FITNESS SCHEDULE

FALL SESSION I: September 10th– October 28th



## MONDAY

Time	Class (Instructor)	Room
<b>AM CLASSES</b>		
5:15-6:05	<b>Boot Camp</b> (Danielle)	GYM
9:00-10:00	<b>Jazzercise</b> (\$PAID\$)	GYM
9:15-10:05	<b>Power Pump</b> (Meagan)	Studio A
9:15-10:05	<b>Full Body Barre</b> (Danielle)	Studio B
9:15-10:05	<b>Mat Yoga</b> (Rachel)	MPR
10:15-11:05	<b>Cardio Drumming</b> (Meagan)	Studio A
10:15-11:05	<b>Silver SneakersYoga®</b> (Rose Marie)	Studio B
10:15-11:05	<b>Cardio &amp; Strength</b> (Danielle)	GYM
11:15-11:50	<b>Zumba Gold®</b> (Rose Marie)	Studio B
<b>PM CLASSES</b>		
5:15-6:05	<b>Jazzercise</b> (\$PAID\$)	Studio A
5:15-6:05	<b>Boot Camp</b> (Amanda)	GYM
6:15-7:05	<b>Jazzercise</b> (\$PAID\$)	Studio A
6:15-7:05	<b>Cosmic Cycle</b> (Danielle)	Cycle Alcove
7:15-8:05	<b>Zumba®</b> (Lexi)	Studio A
7:15-8:05	<b>Full Body Barre</b> (Danielle)	Studio B

## TUESDAY

Time	Class (Instructor)	Room
<b>AM CLASSES</b>		
8:15-9:05	<b>Fit for Life</b> (Annette)	Studio A
9:00-10:00	<b>Jazzercise</b> (\$PAID\$)	GYM
9:15-10:05	<b>Cycle &amp; Core</b> (Anna)	Cycle Alcove
9:15-10:05	<b>Women Who Lift</b> (Meagan)	Weight Room
9:15-10:05	<b>Zumba®</b> (Annette)	Studio A
10:15-11:05	<b>Silver Sneakers®Classic</b> (Annette)	Studio A
10:15-11:05	<b>HIIT</b> (Anna)	GYM
10:15-11:05	<b>Walk/Run</b> (Meagan)	Lobby
<b>PM CLASSES</b>		
4:15-4:50	<b>Zumba Gold</b> (Rose Marie)	Studio B
5:15-6:05	<b>Flip Fusion</b> (Jennifer)	Studio A
<b>5:15-6:05</b>	<b>TRX &amp; Kickboxing</b> (Tiffany)	GYM
6:15-7:05	<b>Cardio Drumming</b> (Lexi)	Studio A
7:15-8:05	<b>Zumba®</b> (Lexi)	Studio A

## WEDNESDAY

Time	Class (Instructor)	Room
<b>AM CLASSES</b>		
5:15-6:05	<b>Boot Camp</b> (Danielle)	GYM
9:00-10:00	<b>Jazzercise</b> (\$PAID\$)	GYM
9:15-10:05	<b>Power Pump</b> (Angel)	Studio A
9:15-10:05	<b>Cardio &amp; Strength</b> (Danielle)	Studio B
9:15-10:05	<b>Mat Yoga</b> (Rachel)	MPR
10:15-11:05	<b>Cardio Drumming</b> (Meagan)	Studio A
10:15-11:05	<b>Silver SneakersYoga®</b> (Rose Marie)	Studio B
10:15-11:05	<b>Step, Plyo &amp; Strength</b> (Danielle)	Gym
11:15-11:50	<b>Zumba® Gold</b> (Rose Marie)	Studio B
<b>PM CLASSES</b>		
5:15-6:05	<b>Jazzercise</b> (\$PAID\$)	Studio A
5:15-6:05	<b>Boot Camp</b> (Amanda)	GYM
6:15-7:05	<b>Jazzercise</b> (\$PAID\$)	Studio A
6:15-7:05	<b>Ballet Folklorico</b> (\$PAID\$)	Studio B
6:15-7:05	<b>Just Cycle</b> (Anna)	Cycle Alcove
7:15-8:05	<b>Zumba®</b> (Annette)	Studio A

## THURSDAY

Time	Class (Instructor)	Room
<b>AM CLASSES</b>		
8:15-9:05	<b>Fit for Life</b> (Annette)	Studio A
9:00-10:00	<b>Jazzercise</b> (\$PAID\$)	GYM
9:15-10:05	<b>Zumba®</b> (Annette)	Studio A
9:15-10:05	<b>Cycle &amp; Core</b> (Anna)	Cycle Alcove
9:15-10:05	<b>Mat Yoga</b> (Rachel)	MPR
10:15-11:05	<b>Silver SneakersClassic®</b> (Annette)	Studio A
10:15-11:05	<b>HIIT</b> (Angel)	GYM
<b>PM CLASSES</b>		
4:15-4:50	<b>Zumba Gold®</b> (Rose Marie)	Studio B
5:15-6:05	<b>Flip Fusion</b> (Jennifer)	Studio A
5:15-6:05	<b>TRX &amp; Kickboxing</b> (Tiffany)	GYM
5:15-6:05	<b>Running Club</b> (Sarah)	Lobby
6:15-7:05	<b>Cardio Drumming</b> (Lexi)	Studio A
7:15-8:05	<b>Zumba®</b> (Annette)	Studio A

## FRIDAY

Time	Class (Instructor)	Room
<b>AM CLASSES</b>		
5:15-6:05	<b>Boot Camp</b> (Danielle)	GYM
8:15-9:05	<b>Fit for Life</b> (Annette)	Studio A
9:15-10:05	<b>Power Circuit</b> (Meagan)	Studio A
9:15-10:05	<b>Fitness Blender</b> (Annette)	Studio B
10:15-11:05	<b>Cardio Drumming</b> (Meagan)	Studio A
10:15-11:05	<b>Silver Sneakers® Classic</b> (Annette)	Studio B
10:15-11:05	<b>Boot Camp</b> (Danielle)	Gym
<b>PM CLASSES</b>		
5:15-6:05	<b>Jazzercise</b> (\$PAID\$)	Studio A
6:15-7:05	<b>Ballet Folklorico</b> (\$PAID\$)	

## SATURDAY

Time	Class (Instructor)	Room
<b>AM CLASSES</b>		
7:15-8:05	<b>Jazzercise</b> (\$PAID\$)	Studio A
8:15-9:05	<b>Jazzercise</b> (\$PAID\$)	Studio A
9:15-10:05	<b>Cardio &amp; Strength</b> (Danielle)	Studio A
10:15-11:05	<b>Cardio Drumming</b> (Danielle)	Studio A

## SUNDAY

Time	Class (Instructor)	Room
<b>AM CLASSES</b>		
9:15	<b>Jazzercise</b> (\$PAID\$)	Studio A



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

**Portage Township YMCA**

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# GROUP FITNESS CLASS DESCRIPTIONS

## 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.

## 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 & 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.

**Cycle & Core** - (50 minutes) This stationary bike cycling class is sure to spin those calories out. Finishing the last 10 minutes of class on the mat. Focusing on strengthening the core.

**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.

**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.

**Full Body Barre** - (50 min) A comprehensive total body workout that lifts your seat, tones your thighs, abs, arms and burns fat. Always maintaining core stability and whole body alignment. Making every exercise a full body movement.

**Jazzercise (\$PAIDS)** - (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. **Y members receive unlimited classes for \$15/month!!**

**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.

**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 beat 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.

**Women Who Lift** - (50 minutes) Get rid of the intimidation of the weight room and gain the muscle and cut everyone is looking for. Instructor led to familiarize you with free weights and help you create a program and reach your lifting potential.

**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-ing into shape!

**Zumba® Gold** - (35 minutes) Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

## 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 FITNESS SCHEDULE NOTES:



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, they will teach a comparable class.

The YMCA reserves the right to cancel or change a class if minimum participation is not met.

**NOTE: All classes are designed to be multi-level & have the ability to be modified to meet the needs of varying fitness levels.**

**Please see your group fitness instructor if you have specific questions/concerns.**