

GROUP FITNESS SCHEDULE

November 20th- December 31st



MONDAY

| Time | Class (Instructor) | Room |
|------|--------------------|------|
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AM CLASSES

| | | |
|-------------|-----------------------------------|----------|
| 5:15-6:05 | Boot Camp (Danielle) | GYM |
| 9:00-10:00 | Jazzercise (\$PAID\$) | GYM |
| 9:15-10:05 | Power Pump (Meagen) | Studio A |
| 9:15-10:05 | Mat Yoga (Rachel) | MPR |
| 10:15-11:05 | Cardio Drumming (Meagen) | Studio A |
| 10:15-11:05 | Silver SneakersYoga® (Rose Marie) | Studio B |

PM CLASSES

| | | |
|-----------|--------------------------------|----------|
| 4:15-4:50 | Zumba Gold-Toning (Rose Marie) | Studio A |
| 5:15-6:05 | Jazzercise (\$PAID\$) | Studio A |
| 5:15-6:05 | Boot Camp (Amanda) | GYM |
| 6:15-7:05 | Jazzercise (\$PAID\$) | Studio A |
| 7:15-8:05 | Zumba® (Lexi) | Studio A |

TUESDAY

| Time | Class (Instructor) | Room |
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AM CLASSES

| | | |
|-------------|------------------------------------|--------------|
| 8:15-9:05 | Fit for Life (Annette) | Studio A |
| 9:00-10:00 | Jazzercise (\$PAID\$) | GYM |
| 9:15-10:05 | Cycle & Core (Anna) | Cycle Alcove |
| 9:15-10:05 | Women Who Lift (Meagen) | WT Room |
| 9:15-10:05 | Zumba® (Annette) | Studio A |
| 10:15-11:05 | Silver Sneakers® Classic (Annette) | Studio A |
| 10:15-11:05 | HIIT (Anna) | GYM |
| 10:15-11:05 | Walk/Run (Meagan) | Lobby |

PM CLASSES

| | | |
|-----------|--------------------------------|--------------|
| 4:15-4:50 | Zumba Gold-Toning (Rose Marie) | GYM |
| 4:10-5:05 | Jazzercise (\$PAID\$) | Studio A |
| 4:15-5:05 | Full Body Barre (Danielle) | Studio B |
| 5:15-6:05 | Power Pump (Danielle) | Studio A |
| 5:15-6:05 | Flip Fusion (Jennifer) | Studio B |
| 5:15-6:05 | TRX & Kickboxing (Tiffany) | GYM |
| 6:15-7:05 | Cardio Drumming (Lexi) | Studio A |
| 6:15-7:05 | Cosmic Cycling (Danielle) | Cycle Alcove |
| 7:15-7:50 | Butts & Gutts (Danielle) | Studio B |
| 7:15-8:05 | Zumba® (Lexi) | Studio A |

WEDNESDAY

| Time | Class (Instructor) | Room |
|------|--------------------|------|
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AM CLASSES

| | | |
|-------------|-----------------------------------|----------|
| 5:15-6:05 | Boot Camp (Danielle) | GYM |
| 9:00-10:00 | Jazzercise (\$PAID\$) | GYM |
| 9:15-10:05 | Power Pump (Angel) | Studio A |
| 9:15-10:05 | Mat Yoga (Rachel) | MPR |
| 10:15-11:05 | Cardio Drumming (Meagen) | Studio A |
| 10:15-11:05 | Silver SneakersYoga® (Rose Marie) | Studio B |

PM CLASSES

| | | |
|-----------|--------------------------------|--------------|
| 4:15-4:50 | Zumba Gold-Toning (Rose Marie) | Studio A |
| 5:15-6:05 | Jazzercise (\$PAID\$) | Studio A |
| 5:15-6:05 | Boot Camp (Amanda) | GYM |
| 6:15-7:05 | Jazzercise (\$PAID\$) | Studio A |
| 6:15-7:05 | Ballet Folklorico (\$PAID\$) | Studio B |
| 6:15-7:05 | Cosmic Cycle (Anna) | Cycle Alcove |
| 7:15-8:05 | Zumba® (Annette) | Studio A |

THURSDAY

| Time | Class (Instructor) | Room |
|------|--------------------|------|
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AM CLASSES

| | | |
|-------------|-----------------------------------|--------------|
| 8:15-9:05 | Fit for Life (Annette) | Studio A |
| 9:00-10:00 | Jazzercise (\$PAID\$) | GYM |
| 9:15-10:05 | Zumba® (Annette) | Studio A |
| 9:15-10:05 | Full Body Barre (ASHLEY) | Studio B |
| 9:15-10:05 | Mat Yoga (Rachel) | MPR |
| 9:15-10:05 | Cycle & Core (Anna) | Cycle Alcove |
| 10:15-11:05 | Silver SneakersClassic® (Annette) | Studio A |
| 10:15-11:05 | HIIT (Angel) | GYM |

PM CLASSES

| | | |
|-----------|------------------------------------|--------------|
| 4:15-4:50 | Zumba Gold-Toning (Rose Marie) | GYM |
| 4:10-5:05 | Jazzercise (\$PAID\$) | Studio A |
| 4:15-5:05 | Step, Plyo and Strength (Danielle) | Studio B |
| 5:15-6:05 | Power Pump (Danielle) | Studio A |
| 5:15-6:05 | Flip Fusion (Jennifer) | Studio B |
| 5:15-6:05 | TRX & Kickboxing (Tiffany) | GYM |
| 6:15-7:05 | Cardio Drumming (Lexi) | Studio A |
| 6:15-7:05 | Cosmic Cycling (Danielle) | Cycle Alcove |
| 7:15-7:50 | Butts & Gutts (Danielle) | Studio B |
| 7:15-8:05 | Zumba® (Annette) | Studio A |

FRIDAY

| Time | Class (Instructor) | Room |
|------|--------------------|------|
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AM CLASSES

| | | |
|-------------|------------------------------------|----------|
| 5:15-6:05 | Boot Camp (Danielle) | GYM |
| 8:15-9:05 | Fit for Life (Annette) | Studio A |
| 9:15-10:05 | Power Circuit (Meagen) | Studio A |
| 9:15-10:05 | Fitness Blender/Zumba (Annette) | Studio B |
| 10:15-11:05 | Silver Sneakers® Classic (Annette) | Studio A |
| 10:15-11:05 | Cardio Drumming (Meagen) | Studio B |

PM CLASSES

| | | |
|-----------|--------------------------------|----------|
| 4:15-4:50 | Zumba Gold-Toning (Rose Marie) | Studio A |
| 5:15-6:05 | Jazzercise (\$PAID\$) | Studio A |
| 6:15-7:05 | Ballet Folklorico (\$PAID\$) | |

SATURDAY

| Time | Class (Instructor) | Room |
|------|--------------------|------|
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AM CLASSES

| | | |
|-------------|------------------------------|----------|
| 7:00-7:55 | Jazzercise (\$PAID\$) | Studio A |
| 8:00-8:55 | Jazzercise (\$PAID\$) | Studio A |
| 9:15-10:05 | Cardio & Strength (Danielle) | Studio A |
| 10:15-11:05 | Cardio Drumming (Danielle) | Studio A |

SUNDAY

| Time | Class (Instructor) | Room |
|------|--------------------|------|
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AM CLASSES

| | | |
|------------|-----------------------|----------|
| 9:15-10:15 | Jazzercise (\$PAID\$) | Studio A |
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Portage Township YMCA
 3300 Willowcreek Road
 Portage, Indiana 46368
 P (219)762-9622
www.ymcaofportage.org

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!

Butts & Guts - (35 minutes) Experience a variety of muscle-toning exercises that target the glutes, abdominals, & obliques.

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 with core work.

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 & & toning. Exercises are 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 (\$PAID\$) - (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!!

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 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-cha-ing into shape!

Zumba® Gold-Toning - (35 minutes) If you are looking for a low-impact Zumba® class that recreates the original moves at a lighter intensity, this class will be right for you! Zumba Gold-Toning uses 1- Pound Maraca-Like Toning Sticks which provide a greater calorie-burn, upper-body toning, and lots of fun!

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 a serious workout!

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) A circuit style workout incorporating resistance training, core and cardio HIIT exercises for a full body workout .

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.

