

GROUP FITNESS SCHEDULE

January 2nd- February 17th 2018



MONDAY

| Time | Class (Instructor) | Room |
|-------------------|-----------------------------------|----------------|
| 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 | Zumba Toning® (Rose Marie) | Studio B |
| 9:15-10:05 | Mat Yoga (Rachel) | MPR |
| 10:15-11:05 | Hip/Hop Cardio Drum (Meagen) | Studio A |
| 10:15-11:05 | Silver SneakersYoga® (Rose Marie) | Studio B |
| 11:10-12:00 | Workout With Danny | Danny's Office |

PM CLASSES

| | | |
|-----------|------------------------|----------|
| 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 | Cardio Drumming (Lexi) | Studio B |
| 7:15-8:05 | Zumba® (Lexi) | Studio A |

TUESDAY

| Time | Class (Instructor) | Room |
|-------------------|------------------------------------|----------------|
| 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 | TRX & Cardio (Anna) | GYM |
| 11:10-12:00 | Workout With Danny | Danny's Office |

PM CLASSES

| | | |
|-----------|----------------------------|--------------|
| 2:30-3:10 | Zumba Gold® (Rose Marie) | Studio A |
| 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 & Cardio (Anna) | 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 |
|-------------------|------------------------------------|----------------|
| 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 | Zumba Toning® (Rose Marie) | Studio B |
| 9:15-10:05 | Mat Yoga (Rachel) | MPR |
| 10:15-11:05 | Hip/Hop Cardio Drum (Meagen) | Studio A |
| 10:15-11:05 | Silver Sneakers Yoga® (Rose Marie) | Studio B |
| 11:10-12:00 | Workout With Danny | Danny's Office |

PM CLASSES

| | | |
|-----------|------------------------------|----------|
| 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 |

THURSDAY

| Time | Class (Instructor) | Room |
|-------------------|------------------------------------|----------------|
| 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 | Mat Yoga (Rachel) | MPR |
| 9:15-10:05 | Cycle & Core (Anna) | Cycle Alcove |
| 10:15-11:05 | Silver Sneakers Classic® (Annette) | Studio A |
| 10:15-11:05 | Full Body Barre (Rachel) | Studio B |
| 10:15-11:05 | HIIT (Angel) | GYM |
| 11:10-12:00 | Workout With Danny | Danny's Office |

PM CLASSES

| | | |
|-----------|------------------------------------|--------------|
| 2:30-3:10 | Zumba Gold® (Rose Marie) | Studio A |
| 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 & Cardio (Anna) | GYM |
| 6:15-7:05 | Cosmic Cycling (Danielle) | Cycle Alcove |
| 7:15-7:50 | Butts & Gutts (Danielle) | Studio B |

FRIDAY

| Time | Class (Instructor) | Room |
|-------------------|------------------------------------|----------|
| 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 | Hip/Hop Cardio Drum (Meagen) | Studio B |

PM CLASSES

| | | |
|-----------|------------------------------|----------|
| 5:15-6:05 | Jazzercise (\$PAID\$) | Studio A |
| 6:15-7:05 | Ballet Folklorico (\$PAID\$) | Studio B |

SATURDAY

| Time | Class (Instructor) | Room |
|-------------------|------------------------------|----------|
| 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 |
|-------------------|-----------------------|----------|
| AM CLASSES | | |
| 9:15 -10:15 | Jazzercise (\$PAID\$) | Studio A |
| PM CLASSES | | |
| 3:00 - 4:00 | Jazzercise (\$PAID\$) | Studio A |

Portage Township YMCA
 3300 Willowcreek Road
 Portage, Indiana 46368
 P (219)762-9622
www.ymcaofportage.org

GROUP FITNESS CLASS DESCRIPTIONS

ACTIVE OLDER ADULTS

SilverSneakers® Classic - (50 minutes) A variety of exercises and movements taught from seated and standing positions, set to music to increase muscular strength, range of motion and activities of daily living.

SilverSneakers® Yoga - (50 minutes) Stretches taught from seated and standing positions to enhance the flow and energy created in combination with restorative breathing exercises.

Zumba Gold® - NEW TIME! (40 minutes) Feel the Music at a lighter but energetic intensity. Have a blast shaking Non-Weighted Maracas---Just for Fun!

Fit for Life - (50 min) You can expect low-impact aerobics, strength & toning. Exercises are taught from either a standing position or in a chair.

MULTI-LEVEL CLASSES

Cardio Drumming/Hip-Hop Cardio Drum - (50 minutes) Drum Your Stress and Calories away at the Same Time! Use Drum Sticks & Fitness Ball...Done!

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

Cosmic Cycling - (35 minutes) This stationary bike class is sure to spin those calories out as you listen to upbeat music in a "twinkle light" studio.

Cycle & Core - (50 minutes) This stationary bike class is sure to spin those calories out. The last 10 minutes of class will be "on the mat" core work.

Fitness Blender - (50 minutes) Experience a variety of cardio, strength, and core exercises that are sure to rev up your heart rate and sculpt your muscles!

Flip Fusion - (50 minutes) Heavy reps of concentrated muscle work with quick spurts of intense cardio. It's the Interval Training at its Best!

Full Body Barre - (50 min) A Ballet-Inspired - Workout that lifts your seat, tones your thighs, abs, and arms with a special focus on core stability and alignment.

Jazzercise (\$PAID\$) - (50 minutes) Heavy reps of concentrated muscle work with quick spurts of intense cardio. Y members receive unlimited classes for \$15/month!!

Mat Yoga - (50 minutes) This class presents Restorative Yoga teaching the basic poses and movements in a flowing pattern using breathing and meditation.

Zumba® - (50 minutes) Feel the music! Based on dance steps from around the world, this class will be sure to get your whole body cha-cha-cha-ing into shape!

Zumba Toning® - NEW! (50 minutes) If you are looking for Zumba® + Strength + Core, this class is right for you! Zumba Toning® uses 1-2 pound Maraca Sticks.

TRX & CARDIO -NEW & IMPROVED! Originally designed by a Soldier in the Jungle, this class uses your own body weight as resistance using specially designed TRX Straps.

HIGH INTENSITY CLASSES

Boot Camp - (50 minutes) 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 using Cardio and Strength training moves.

Power Circuit - (50 minutes) A circuit style workout incorporating resistance training, core and cardio HIIT exercises for a full body workout.

Power Pump - (50 minutes) This is Cardio-Strength Training at its very best! 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 Step 360.

Women Who Lift - (50 minutes) Get rid of the intimidation of "The Weight Room" and gain the muscle and cut that you are looking for.

Workout With Danny - NEW! (50 Minutes) Our very own Registered Nurse will provide a fun, encouraging, interactive, modified or intense workout designed to make a difference in the way you train. His workouts consist of cardiovascular conditioning, functional movements, stretching and more.



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.

