

# WINTER GROUP FITNESS SCHEDULE

January 2nd- February 17th 2018



## MONDAY

Time	Class (Instructor)	Room
<b>AM CLASSES</b>		
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)	Studio B
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

Time	Class (Instructor)	Room
<b>PM CLASSES</b>		
4:15-4:50	Zumba 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	Cardio Drumming (Lexi)	Studio B
7:15-8:05	Zumba® (Lexi)	Studio A

## TUESDAY

Time	Class (Instructor)	Room
<b>AM CLASSES</b>		
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

Time	Class (Instructor)	Room
<b>PM CLASSES</b>		
3:00-3:50	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 (Ashley)	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
<b>AM CLASSES</b>		
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)	Studio B
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

Time	Class (Instructor)	Room
<b>PM CLASSES</b>		
4:15-4:50	Zumba 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

## THURSDAY

Time	Class (Instructor)	Room
<b>AM CLASSES</b>		
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)	Studio B
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

Time	Class (Instructor)	Room
<b>PM CLASSES</b>		
3:00-3:50	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
<b>AM CLASSES</b>		
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

Time	Class (Instructor)	Room
<b>PM CLASSES</b>		
4:15-4:50	Zumba Toning® (Rose Marie)	Studio A
5:15-6:05	Jazzercise (\$PAID\$)	Studio A
6:15-7:05	Ballet Folklorico (\$PAID\$)	Studio B

## SATURDAY

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

**Portage Township YMCA**  
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# GROUP FITNESS CLASS DESCRIPTIONS

## ACTIVE OLDER ADULTS

**SILVER SNEAKERS® 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.

**SILVER SNEAKERS® 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 Wooden 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! Use 1-2 pound Toning 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.

