



# SPRING 1 GROUP FITNESS SCHEDULE 2/18-4/14

## MONDAY

### AM CLASSES

5:15-6:05	Boot Camp (Danielle)	GYM
9:00-10:00	Jazzercise (\$PAID\$)	GYM
9:30-10:20	Power Pump (Meagen)	Studio A
9:30-10:20	Mat Yoga (Rachel)	Studio B
10:30-11:20	Cardio Drumming (Meagen)	Studio A
10:30-11:20	Silver SneakersYoga® (Rose Marie)	Studio C
11:00-11:50	Workout With Danny	Danny's Office

### PM CLASSES

4:30-5:20	Step (Linda)	Studio A
5:30-6:20	Jazzercise (\$PAID\$)	Studio A
5:30-6:20	Zumba Toning® (Rose Marie)	Studio B
5:30-6:20	Boot Camp (Amanda)	GYM
6:30-7:20	Jazzercise (\$PAID\$)	Studio A
6:30-7:20	Cardio Drumming (Lexi)	Studio B
6:30-7:30	Fierce Athletes (\$PAID\$)	GYM
7:30-8:20	Zumba® (Lexi)	Studio A

## TUESDAY

### AM CLASSES

6:15-7:15	Tabata Fit & Hard Core (Danielle)	Studio A
8:30-9:20	Fit for Life (Annette)	Studio A
9:00-10:00	Jazzercise (\$PAID\$)	GYM
9:30-10:20	Cycle & Core (Anna)	Cycle Alcove
9:30-10:20	Women Who Lift (Meagen)	WT Room
9:30-10:20	Zumba® (Annette)	Studio A
10:30-11:20	Silver Sneakers® Classic (Annette)	Studio A
10:30-11:20	Plyo 360 (Meagen)	Studio B
10:30-11:20	TRX & Cardio (Anna)	GYM
11:00-11:50	Workout With Danny	Danny's Office

### PM CLASSES

4:10-5:05	Jazzercise (\$PAID\$)	Studio A
4:30-5:20	Full Body Barre (Rachel)	Studio B
5:30-6:20	Power Pump (Danielle)	Studio A
5:30-6:20	Flip Fusion (Jennifer)	Studio B
6:30-7:20	Cardio Drumming (Lexi)	Studio A
6:30-7:20	Cosmic Cycle (Danielle)	Cycle Alcove
7:30-8:20	Zumba® (Lexi)	Studio A
7:30-8:30	Fierce Athletes (\$PAID\$)	GYM

## WEDNESDAY

### AM CLASSES

5:15-6:05	Boot Camp (Danielle)	GYM
9:00-10:00	Jazzercise (\$PAID\$)	GYM
9:30-10:20	Power HIIT! (Angel)	Studio A
9:30-10:20	Mat Yoga (Rachel)	Studio B
10:30-11:20	Cardio Drumming (Meagen)	Studio A
10:30-11:20	Silver Sneakers Yoga® (Rose Marie)	Studio C
10:30-11:20	Total Body In 50! (Anna)	Cycling Alcove
11:00-11:50	Workout With Danny	Danny's Office

## WEDNESDAY

### PM CLASSES

4:30-5:20	Step (Linda)	Studio A
5:30-6:20	Jazzercise (\$PAID\$)	Studio A
5:30-6:20	Zumba Toning® (Rose Marie)	Studio B
5:30-6:20	Boot Camp (Amanda)	GYM
5:30-6:30	Ballet Folklorico (\$PAID\$) ages 4-8	Studio C
6:30-7:20	Jazzercise (\$PAID\$)	Studio A
6:30-8:30	Ballet Folklorico (\$PAID\$) age 9 & up	Studio B
6:30-7:30	Fierce Fitness Elite (\$PAID\$)	GYM
7:30-8:30	Fierce Fitness Elite (\$PAID\$)	Studio A

## THURSDAY

### AM CLASSES

6:15-7:15	Tabata Fit & Hard Core (Danielle)	Studio A
8:30-9:20	Fit for Life (Annette)	Studio A
9:00-10:00	Jazzercise (\$PAID\$)	GYM
9:30-10:20	Zumba® (Annette)	Studio A
9:30-10:20	Mat Yoga (Rachel)	Studio B
9:30-10:20	Cycle & Core (Anna)	Cycle Alcove
10:30-11:20	Silver Sneakers Classic® (Annette)	Studio A
10:30-11:20	Full Body Barre (Rachel)	Studio B
10:30-11:20	HIIT! (Angel)	GYM
11:30-12:20	Women Who Lift (Linda)	WT Room
11:00-11:50	Workout With Danny	Danny's Office

### PM CLASSES

4:10-5:05	Jazzercise (\$PAID\$)	Studio A
5:30-6:20	Power Pump (Danielle)	Studio A
5:30-6:20	Flip Fusion (Jennifer)	Studio B
6:30-7:00	Mat Yoga (Jennifer)	Studio A
6:30-7:20	Cosmic Cycling (Danielle)	Cycle Alcove

## FRIDAY

### AM CLASSES

5:15-6:05	Boot Camp (Danielle)	GYM
8:30-9:20	Fit for Life (Annette)	Studio A
9:30-10:20	Power Circuit (Meagen)	Studio A
9:30-10:20	Fitness Blender/Zumba (Annette)	Studio B
9:30-10:20	Silver Sneakers® Yoga (Rose Marie)	Studio C
10:30-11:20	Silver Sneakers® Classic (Annette)	Studio A
10:30-11:20	Cardio Drumming (Meagen)	Studio B

### PM CLASSES

4:30-5:20	Zumba Toning® (Rose Marie)	Studio A
5:30-6:20	Jazzercise (\$PAID\$)	Studio A

## SATURDAY

### AM CLASSES

7:00 -7:55	Jazzercise (\$PAID\$)	Studio A
8:00 -8:55	Jazzercise (\$PAID\$)	Studio A
9:30-10:20	Cardio & Strength (Danielle/Linda)	Studio A
10:30-11:20	*Cardio Drumming (Danielle)*	Studio A

\*Kickbox & Abs (Linda)\*  
 \*Danielle: 3/3, 3/17, 3/31, 4/7\*      \*Linda: 2/24, 3/10, 3/24, 4/14\*

## SUNDAY

9:00-10:00 AM	Jazzercise (\$PAID\$)	Studio A
3:00-4:00 PM	Jazzercise (\$PAID\$)	Studio A

TEACHING STYLE AND CHOREOGRAPHY VARY WITH EACH INSTRUCTOR.  
 PERSONAL TRAINING IS AVAILABLE -- CONTACT THE FRONT DESK FOR DETAILS!

PORTAGE TOWNSHIP YMCA, 3100 WILLOWCREEK ROAD, PORTAGE, IN 46368 (219)762-9622

# 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.

**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** – (50 minutes) Drum Your Stress and Calories away at the Same Time! Use Drum Sticks & Fitness Ball...Done!

**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: 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®** - (50 minutes) If you are looking for Zumba® + Strength + Core, this class is right for you! Uses 1-2.5 pound Toning Sticks.

## HIGH INTENSITY CLASSES

**TOTAL BODY IN 50!** – (50 minutes) 15 Cycle + 15 Strength + 20 Balance & Flexibility.

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

**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.

**POWER HIIT/HITT!** – (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.

**PLYO 360** - (50 minutes) Challenge your balance & stability with Plyometrics & strength training integrated with use of the Step 360.

**STEP** – (50 minutes) Raise your Cardio up another notch by moving vertically toning your legs and burning more calories in the process!

**KICKBOX & ABS** – (50 minutes) Martial Arts Moves to get your Cardio & Core Concentration to slim your waist; Who Could ask for anything more!

**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.

**TABATA FIT & HARD CORE** – Interval Training and Core Work all in one Awesome Workout!

**CARDIO & STRENGTH** – Interval Training at its Very Best!

**WORKOUT WITH DANNY** – (50 Minutes) Our Registered Nurse will provide a fun, encouraging, workout consisting of cardio, strength, and flexibility.

**FIERCE ATHELETES (\$PAID\$)** – Sports Conditioning Program for Youth. Contact Danielle for registration information: [dpaetsch@ymcaofportage.org](mailto:dpaetsch@ymcaofportage.org)

**FIERCE FITNESS ELITE (\$PAID\$)** – Get Strong and Lean with Intentional Training. Contact Danielle for registration information: [dpaetsch@ymcaofportage.org](mailto:dpaetsch@ymcaofportage.org)