

the **Y** SPRING II GROUP FITNESS SCHEDULE 4/15 – 6/2

MONDAY

AM CLASSES

5:15-6:05	Boot Camp	Danielle	G
8:30-9:20	Step	Linda	A
9:00-10:00	Jazzercise	\$PAID\$	G
9:30-10:20	Power Pump	Meagen	A
9:30-10:20	Mat Yoga	Rachel	B
10:30-11:20	Cardio Drumming	Meagen	A
10:30-11:20	SilverSneakers® Yoga	Rose Marie	C
12:00-12:50	Workout with Danny	DO	

PM CLASSES

4:30-5:20	Step	Linda	A
5:30-6:20	Jazzercise	\$PAID\$	A
5:30-6:20	Zumba® Toning	Rose Marie	B
5:30-6:20	Boot Camp	Amanda	G
6:30-7:20	Mat Yoga	Jennifer	B
6:30-7:20	Drumming Express	Lexi	A
6:30-7:20	Fierce Athletes	\$PAID\$	G
7:15-8:05	Zumba®	Lexi	A

TUESDAY

AM CLASSES

5:15-6:05	Tabata Fit & Hard Core	Danielle	A
8:30-9:20	Fit for Life	Annette	A
9:00-10:00	Jazzercise	\$PAID\$	G
9:30-10:20	Cycle & Core	Anna	CA
9:30-10:20	Women Who Lift	Meagen	WR
9:30-10:20	Zumba®	Annette	A
10:30-11:20	SilverSneakers® Classic	Annette	A
10:30-11:20	Plyo 360	Meagen	B
10:30-11:20	HITT!	Anna	G
12:00-12:50	Workout with Danny	DO	

PM CLASSES

4:10-5:05	Jazzercise	\$PAID\$	A
4:30-5:20	SilverSneakers® Splash	Rose Marie	BW
5:30-6:20	Flip Fusion	Jennifer	A
5:30-6:20	Aqua Zumba®	Rose Marie	BW
6:30-7:05	Drumming Express	Lexi	A
6:30-7:20	Cosmic Cycle	Brian	CA
7:15-8:05	Zumba®	Lexi	A
7:30-8:30	Fierce Athletes	\$PAID\$	G

WEDNESDAY

AM CLASSES

5:15-6:05	Boot Camp	Danielle	G
8:30-9:20	Step	Linda	A
9:00-10:00	Jazzercise	\$PAID\$	G
9:30-10:20	Power HIIT!	Angel	A
9:30-10:20	Mat Yoga	Rachel	B
10:30-11:20	Cardio Drumming	Meagen	A
10:30-11:20	SilverSneakers® Yoga	Rose Marie	C
12:00-12:50	Workout with Danny	DO	

PM CLASSES

4:30-5:20	Step	Linda	A
4:30-5:20	Full Body Barre	Rachel	B
5:30-6:20	Zumba® Toning	Rose Marie	B
5:30-6:20	Boot Camp	Amanda	G
5:30-6:20	Ballet Folklorico	\$PAID\$	C
6:30-7:20	Jazzercise	\$PAID\$	A
6:30-8:30	Ballet Folklorico	\$PAID\$	B
6:30-7:30	Fierce Elite	\$PAID\$	
7:30-8:30	Fierce Elite	\$PAID\$	A

THURSDAY

AM CLASSES

5:15-6:05	Tabata Fit & Hard Core	Danielle	A
8:30-9:20	Fit for Life	Annette	A
9:00-10:00	Jazzercise	\$PAID\$	G
9:30-10:20	Zumba®	Annette	A
9:30-10:20	Mat Yoga	Rachel	B
9:30-10:20	Cycle & Core	Anna	CA
10:30-11:20	SilverSneakers® Classic	Annette	A
10:30-11:20	Full Body Barre	Rachel	B
10:30-11:20	HIIT!	Angel	G
11:30-12:20	Women Who Lift	Linda	WR
12:00-12:50	Workout with Danny	DO	

PM CLASSES

4:10-5:05	Jazzercise	\$PAID\$	A
4:30-5:20	SilverSneakers® Splash	Rose Marie	BW
5:30-6:20	Flip Fusion	Jennifer	A
5:30-6:20	Aqua Zumba®	Rose Marie	BW
6:30-7:00	Mat Yoga	Jennifer	A
6:30-7:00	Endurance Cycling	Brian	CA

FRIDAY

AM CLASSES

5:15-6:05	Boot Camp	Danielle	G
8:30-9:20	Fit for Life	Annette	A
9:30-10:20	Power Circuit	Meagen/Angel	A
9:30-10:20	Fitness Blender/Zumba®	Annette	B
9:30-10:20	SilverSneakers® Yoga	Rose Marie	C
10:30-11:20	SilverSneakers® Classic	Annette	A

PM CLASSES

5:30-6:20	Jazzercise	\$PAID\$	A
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SATURDAY

7:00-7:55AM	Jazzercise	\$PAID\$	A
8:00-8:55AM	Jazzercise	\$PAID\$	A
9:30-10:20AM	Cardio & Strength	Linda	A
SATURDAY 5/26:	HOLIDAY WEEKEND	NO CLASSES	

SUNDAY

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

A = Studio A B = Studio B C = Studio C CA = Cycling Alcove G = Gym WR = Weight Room DO = Danny's Office BW = Best Western

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.
- SILVER SPLASH®** (50 minutes) A fun, shallow-water class that uses a signature splash-board to build strength & endurance.
- FIT FOR LIFE** (50 minutes) 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!
- ENDURANCE CYCLING** (35 minutes) This stationary bike class is sure to spin those calories out as you listen to upbeat music and build endurance.
- 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 or 2.5 pound Toning Sticks.
- AQUA ZUMBA®** (50 minutes) A fun way to get fit! Water creates resistance as you dance creating a higher intensity with lower impact.

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.
- 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!
- 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** (50 minutes) Interval Training and Core Work all in one Awesome Workout!
- CARDIO & STRENGTH** (50 minutes) Interval Training at its very best.
- WORKOUT WITH DANNY** (50 Minutes) Our Registered Nurse focuses on Cardio & Core Concentration to slim your waist; Who Could ask for anything more! It will provide a fun, encouraging, workout consisting of cardio, strength, and flexibility.
- FIERCE ATHELETES (\$PAID\$)** (60 minutes) Sports Conditioning Program for Youth. Contact Danielle for registration information: dpaetsch@ymcaofportage.org
- FIERCE ELITE (\$PAID\$)** (60 minutes) Get Strong and Lean with Intentional Training. Contact Danielle for registration information: dpaetsch@ymcaofportage.org