

the Y SUMMER GROUP FITNESS SCHEDULE 6/3 – 9/1

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	B
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	Boot Camp	Amanda	G
6:30-7:20	Jazzercise	\$PAID\$	B
6:30-7:05	Drumming Express	Lexi	A
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	HIIT!	Anna	G
12:00-12:50	Workout with Danny	DO	

PM CLASSES

4:10-5:05	Jazzercise	\$PAID\$	A
5:00-5:50	Aqua Zumba®	Rose Marie	BW
5:30-6:20	R.I.P.P.E.D™	Cecy	A
5:30-6:20	Flip Fusion	Jennifer	B
6:30-7:05	Drumming Express	Lexi	A
6:30-7:20	Cosmic Cycle	Brian	CA
6:30-7:20	Rumble™	Cecy	B
7:15-8:05	Zumba®	Lexi	A

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	B
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	Boot Camp	Amanda	G
5:30-6:20	Ballet Folklorico	\$PAID\$	C
5:30-6:20	Jazzercise	\$PAID\$	A
6:30-8:30	Ballet Folklorico	\$PAID\$	B
6:30-7:30	Fierce Elite	\$PAID\$	G/OS

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
5:00-5:50	Aqua Zumba®	Rose Marie	BW
5:30-6:20	Flip Fusion	Jennifer	B
5:30-6:20	R.I.P.P.E.D™	Cecy	A
6:30-7:00	Mat Yoga	Jennifer	C
6:30-7:20	Endurance Cycling	Brian	CA
6:30-7:20	Rumble™	Cecy	B

FRIDAY

AM CLASSES

5:15-6:05	Boot Camp	Danielle	G
8:30-9:20	Fit for Life	Annette	A
9:00-10:00	Jazzercise	\$PAID\$	G
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

4:30-5:20	R.I.P.P.E.D™	Cecy	A
5:30-6:20	Jazzercise	\$PAID\$	A
5:30-6:00	Rumble™ Express	Cecy	B

SATURDAY

7:00-7:55AM	Jazzercise	\$PAID\$	A
8:00-8:55AM	Jazzercise	\$PAID\$	A
9:30-10:20AM**	Instructor Choice	Rotation	TBD

SUNDAY

9:00-10:00AM	Jazzercise	\$PAID\$	A
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*Download Portage Y App for Saturday Class Rotations

**No Class Saturday, September 1 for the Labor Day Holiday



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 minutes) You can expect low-impact aerobics, strength, & toning. Exercises are taught from either a standing position or in a chair.

MULTI-LEVEL CLASSES

EXPRESS/CARDIO DRUMMING

(35/50 minutes) Drum Your Stress and Calories away at the Same Time! Use Drum Sticks & Fitness Ball...Done!

ENDURANCE CYCLING

(50 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!

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/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.

PLYO 360

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

R.I.P.P.E.D.™

(50 minutes) Combines Resistance, Interval, Power, Plyometrics, Endurance, and core. Designed to help everybody meet their ultimate fitness goals in a super fun group exercise environment.

R.I.P.P.E.D. RUMBLE™/EXPRESS

(50/30 minutes) An authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment.

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

Interval Training and Core Work all in one Awesome Workout!

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\$)

Sports Conditioning Program for Youth. Contact Danielle for registration information: dpaetsch@ymcaofportage.org

FIERCE ELITE (\$PAID\$)

Get Strong and Lean with Intentional Training. Contact Danielle for registration information: dpaetsch@ymcaofportage.org