



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE PORTAGE TOWNSHIP YMCA

all classes, days and times are subject to change based on attendance

START TIME	MONDAY/ WEDNESDAY		TUESDAY/ THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:15AM	Bootcamp	GB	Power Pump	A	Bootcamp	GB				
7:00AM							\$ Jazzercise \$	A		
8:00AM							\$ Jazzercise \$	A		
8:30AM			Fit for Life	A	Fit for Life	A				
9:00AM	Barre Express \$ Jazzercise \$	B GB	Core & More \$ Jazzercise \$	C GB	\$ Jazzercise \$	GB	Strength/ Cardio/ Specialty Class Rotations	A	\$ Jazzercise \$	A
9:30AM	Power Pump Mat Yoga RIPPED	A B C	Triple Threat Zumba Mat Yoga Cycle & More Women Who Lift	A B C CA WR	Triple Threat Fitness Blender & Zumba Cycle & More	A B CA				
10:00AM	SS Circuit Express	GB					Mind & Body Class	C		
10:30AM	Cardio Drumming Balance & Flex Zumba Gold	A B GB	SS Classic Full Body Barre Balance & Flex	A B C	SS Boom Muscle Balance & Flex	A C				
11:00AM	SS Yoga	GB								
3:00PM									\$ Jazzercise \$	A
4:00PM			Aqua Zumba \$ Jazzercise \$ (4:10pm)	CI A						
4:30PM	Triple Threat	A								
5:30PM	Bootcamp Cycle & More \$ Jazzercise \$	GB CA A	Triple Threat Flip Fusion	A C	Balance & Flex \$ Jazzercise \$	C A				
6:30PM	Zumba Balance & Flex	A C	Power Pump Mat Yoga	A C						
	<b>Mind &amp; Body</b>	<b>Strength</b>	<b>Dance</b>	<b>Cycle</b>	<b>Cardio</b>	<b>Specialty</b>	<b>AOA</b>			

A = Fitness Studio A    B = Fitness Studio B    C = Fitness Studio C

GB = Gymnasium B    CA = Cycling Alcove    CI = Country Inn & Suites    WR = Weight Room

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**Balance and Flex Together** – This mind and body class incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

**Barre Express** – A 25 min. head to toe ballet inspired barre workout that will help you burn calories, slim, sculpt and cinch in all the right places. Light hand weights may be used for a total body, cardio sculpting workout for all fitness levels.

**Bootcamp** – In this high intensity, military training inspired class you may burn up to 600 calories in 50 mins. Instructors, trained to utilize military inspired drills, strive to enhance agility, speed, power, strength & quickness. All fitness levels welcome!!

**Cardio Drumming** – This cardio class utilizes simple dance moves to give you a full body workout which will leave you smiling, sweating & feeling great. Using exercise balls and drum sticks you will burn calories, release stress & leave feeling happy!

**Core and More** – A non-stop 25 minutes targeting the abdomen and obliques with a circuit type of workout. In addition to core, you will work your arms and/or leg muscles. No two classes are the same but you will always leave feeling the burn! All fitness levels!!

**Cycle and More** – Cycling is a great low-impact cardio workout which builds muscle endurance and promotes weight loss & mental health by reducing stress levels. You'll also jump off of the bike to work legs, arms and core muscles to boost your workout into high gear!

**Fit for Life** – A low-impact aerobics, strength, & toning class with the goal of improving balance and flexibility. Improving balance, flexibility, endurance, and strength can help active older adults stay healthier longer! (In chair or standing workout)

**Fitness Blender/Zumba** – Experience a variety of cardio, strength, and core exercises that are sure to rev up your heart rate and sculpt your muscles while doing dance steps from around the world. Leave the class wanting to come back for more FUN!

**Flip Fusion** – A combination of dance, strength & resistance training for all fitness levels. Sweat to fun upbeat music while getting a head to toe workout and start seeing a boost in your energy levels just after a few classes!

**Full Body Barre** – Head to toe ballet inspired barre workout that will help you burn calories, slim, sculpt and cinch in all the right places. Light hand weights may be used for total body, cardio sculpting workout for all fitness levels.

**Jazzercise** – The ultimate dance party workout for ANY body, blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles. Y members receive unlimited classes for \$15/month.

**Mat Yoga** – A restorative yoga class that will help you relax and recenter with soothing and supported yoga poses modified for any fitness level. Come and absorb the benefits of yoga leaving your entire body feeling renewed, refreshed and peaceful.

**Power Pump** – This strength training class challenges all major muscle groups using weight room exercises focusing on high repetition movements with the weights of your choice will shape, tone & strengthen your entire body to the beat of the music!

**RIPPED** – R.I.P.P.E.D. is for: Resistance, Interval, Power, Plyometrics, Endurance and Diet ([www.rippedplanet.com/diet-and-nutrition](http://www.rippedplanet.com/diet-and-nutrition)) This class is designed to help everybody meet their ultimate fitness goals in a super fun group exercise environment.

**Triple Threat** – LEGS...ARMS..CORE..Cardio and strength training combined! This challenging calorie & fat burning class works different muscles and is never boring. Push your limits, boost endurance, and continue to burn calories for hours after your workout is done!

**Women Who Lift** – It's all about WOMEN empowering each other and getting rid of the intimidation of "The Weight Room"! Gain muscles and achieve the cut that you are looking for as you rotate from station to station during this one of a kind workout!

**Zumba®** – We take the "work" out of workout, by mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total body workout-cardio, muscle conditioning, balance and flexibility, and boosted energy after every class!

**Aqua Zumba®** – This Aqua Zumba is geared towards active older adults who are looking for a low impact cardio workout that will protect joints, create muscle tone and help with balance. @ Country Inn & Suites in Portage (Registration Required)

**Silver Sneaker® Circuit** – A GREAT addition to our SS Classic class! This class provides a bit more intensity for those looking for a more challenging workout. Taught and modified to provide a great class standing, low-impact upper-body strength with a chair there for support.

**SilverSneakers BOOM™ Muscle** – A higher intensity dance workout class that improves cardio endurance and burns calories and all in 30 minutes. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance with simple dance moves to help you feel GREAT!

**SilverSneakers® Classic** – Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

**SilverSneakers® Yoga** – Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

**Zumba® Gold** – Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Come ready to sweat, and prepare to leave empowered and feeling strong!