



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All Group Exercise Classes are FREE with a Y membership. No need to sign-up. (Unless otherwise indicated)

FALL 2 GROUP EXERCISE SCHEDULE

UPDATED: November 23rd (runs thru 1/3/2016)

MONDAY

Time	Class (Instructor)	Room
AM CLASSES		
5:15-6:05	Boot Camp (Stephen)	GYM
7:15-8:05	Pump & Cycle (Lisa C.)	FS/CA
8:15-9:05	Pilates, Yoga, Core (Lisa C.)	FS
9:15-10:15	Power Pump (Meagen)	FS
10:30-11:00	Y-Get Moving (Marianne)	FS
PM CLASSES		
5:15-6:05	Boot Camp (Jules)	GYM
6:15-7:00	Aquacise**Paid Class (Gail)	POOL
7:15-8:05	Zumba® (Lexi)	FS

TUESDAY

Time	Class (Instructor)	Room
AM CLASSES		
8:15-9:05	Fit for Life (Annette)	FS
9:15-9:45	Gentle Stretch (Marianne)	TF
9:50-10:20	Express Cycle (Marianne)	CA
10:30-11:00	Y-Get Moving (Annette)	FS
10:30-11:20	Barre Fitness (Marianne)	TF
10:30-11:20	HIIT (Meagen)	GYM
PM CLASSES		
5:15-6:05	Pilates, Yoga, Core (Lisa C.)	FS
5:15-5:45	Turbo Tabata (Jules)	GYM
5:50-6:15	Ab Blast (Jules)	TF
6:15-7:05	Cycle & Pump (Lisa C.)	CA/FS
6:15-7:00	Aquacise** Paid Class (Gail)	POOL
7:15-8:05	Zumba® (Lexi)	FS

WEDNESDAY

Time	Class (Instructor)	Room
AM CLASSES		
5:15-6:05	Boot Camp (Stephen)	GYM
7:15-8:05	Pump & Cycle (Lisa C.)	FS/CA
8:15-9:05	Pilates, Yoga, Core (Lisa C.)	FS
9:15-10:15	Power Pump (Angel)	FS
10:30-11:00	Y-Get Moving (Lisa C.)	FS
PM CLASSES		
5:15-6:05	Boot Camp (Jules)	GYM
6:15-7:00	Aquacise** Paid Class (Gail)	POOL
7:15-8:05	Zumba® (Annette)	FS

THURSDAY

Time	Class (Instructor)	Room
AM CLASSES		
8:15-9:05	Fit for Life (Annette)	FS
9:15-9:45	Gentle Stretch (Marianne)	TF
9:50-10:20	Express Cycle (Meagen)	CA
10:30-11:00	Y-Get Moving (Annette)	FS
10:30-11:20	Barre Fitness (Marianne)	TF
10:30-11:20	HIIT (Angel)	GYM
PM CLASSES		
5:15-6:05	Pilates, Yoga, Core (Marianne/Lisa C.)	FS
5:15-5:45	Turbo Tabata (Jules)	GYM
5:50-6:15	Ab Blast (Jules)	TF
6:15-7:05	Cycle & Pump (Marianne/Lisa C.)	CA/FS
6:15-7:00	Aquacise** Paid Class (Gail)	POOL
7:15-8:05	Zumba® (Annette)	FS

FRIDAY

Time	Class (Instructor)	Room
AM CLASSES		
8:15-9:05	Fit for Life (Lisa C.)	FS
9:15-10:15	Boot Camp (Meagen/Angel)	FS
10:30-11:00	Y-Get Moving (Lisa C.)	FS

SATURDAY

Time	Class (Instructor)	Room
AM CLASSES		
8:15-9:05	Zumba® (Rotation)	FS
9:15-10:05	50-50 (Rotation)	FS

ROOM CAPACITY

All classes are first come, first serve

FS	Fitness Studio	30
TF	Teen Fitness Center	15
CA	Cycling Alcove-East of Cardio Center	15
GYM	Gymnasium-West Court	30
MPR	Multipurpose Room-NE End of Track	30

PORTAGE TOWNSHIP YMCA

3100 Willowcreek Road, Portage, IN 46368
P: 219.762.9622 F: 219.762.2012

Why the Y?

We are SO MUCH MORE than just a "swim and gym". We are an organization ON A MISSION!

The mission of the Portage Township YMCA is to put Christian principles into practice through programs that build a healthy spirit, mind, & body for all.

GROUP EXERCISE CLASS DESCRIPTIONS

BEGINNER/EASY LEVEL CLASSES

Acuacise - (45 minutes) A fun, low-impact group exercise class for swimmers and non-swimmers alike. This class focuses on aerobic endurance, muscular endurance, and balance all in the water! This class is great for all fitness levels! Class takes place at the **Portage High School - West Pool**. ****Additional fee required to participate. Register at the Welcome Center.**

Fit for Life - (50 minutes) In this class you can expect low-impact aerobics, strength-training, and toning. All exercise is taught from either a standing position or while sitting in a chair.

Gentle Stretch - (30 minutes) This class is for those wishing to do some basic stretching in a standing or sitting position. Low-impact and easy on the joints, this relaxed class focuses on gradual improvements in flexibility and balance.

Y-Get Moving - (30 minutes) This class gets people moving and helps them become stronger and more flexible. Participants in this course can expect a variety of exercises designed to improve functional activities of daily living while sitting or standing.

INTERMEDIATE/MEDIUM LEVEL CLASSES

Ab Blast - (25 minutes) Stop doing crunches on your own! This intense abdominal and core focused class uses a variety of moves, angles, and equipment that are sure to firm up and condition all of your core muscles while having fun in a challenging group setting. You'll look great AND gain essential core strength that will benefit your balance, posture, and overall fitness.

Barre Fitness - (50 minutes) Experience a full body-toning routine combining dance inspired barre work with fat burning motion to sculpt lean muscle, strengthen the core and boost weight loss potential. Create a lean, toned dancer's physique and learn to get the most out of each move.

Cycle & Pump OR Pump & Cycle - (50 minutes) Half Power Pump (see description), half Cycling (see description), this combination class is a great way to work on both cardio and muscle toning in one action-packed class.

Express Cycle - (30 minutes) In this classic cardio workout you can expect an express ride of 30 minutes of just cycling. This class focuses on cardio challenges, hill climbs, endurance segments, fast flats, standing and seated runs, sprints, and intervals at varying speeds and resistance for all participant levels. Every ride is different; come ride with us!

50-50 - (50 minutes) Cardio, strength, and intensity all in one. This class combines high intensity cardio intervals with various movements to deliver the intense workout you want. Classes will vary every time and can include everything from cycling to kickboxing, toning to stepping, medicine balls to weights, and more!

Pilates, Yoga, Core - (50 minutes) The best of all three worlds, this class is designed to improve flexibility, balance, core strength and tone. Balance your inner self, improve your posture, and work those abs all in one class.

Zumba® - (50 minutes) Feel the music! Upbeat music will keep your feet moving in this fun and energetic class. Based on Latin dancing, this class will be sure to get your whole body cha-cha-cha-ing into shape!

ADVANCED/HARD LEVEL CLASSES

Boot Camp - (50 minutes) Find your inner warrior and push your limits in this advanced group exercise class. This class will use a variety of exercises to give you the full body workout you want. You will use Battling Ropes, TRX, medicine ball slams, sled pushes/pulls, and more! Beginners beware, this is only for those seeking a SERIOUS work out!

HIIT - (50 minutes) Achieve more with **H**igh **I**ntensity **I**nterval **T**raining (HIIT)! This class is jam-packed with cardio and strength training moves consisting of short periods of high-intensity exercise intervals intermingled with intervals of active recovery to reveal some serious results and reach new levels of fitness!

Power Pump - (50 minutes) Feel the BURN! Shredding pounds and toning muscles is the name of the game in this high-energy class. Using our barbells (ranging from 5-60lbs) you pick your weight and pump your muscles to the beat of the music.

Turbo Tabata - (30 minutes) Get the most calorie burn in the shortest time with high tempo intervals, plyometrics, and intense cardio blast moves! This class delivers an intense full body workout in just 30 minutes.

At the Y, we are always looking to best meet the needs of our members, guests, and community. If there is a way we can better meet your needs we'd love to hear from you! Volunteer your time and join the Group Exercise Committee to share your feedback!

Contact Amber Zimmer – Healthy Living Director
amberz@ymcaofportage.org.

NOTE: All classes are designed to be multi-level and have the ability to be modified to meet the needs of varying fitness levels. Please see your group exercise instructor if you have specific questions/concerns.