



# GROUP EXERCISE SCHEDULE

Effective July 13<sup>th</sup> -September 5<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	<b>Boot Camp</b> Stephen (GYM)		<b>Boot Camp</b> Stephen (GYM)			
7:15am	<b>Pump &amp; Cycle</b> Lisa C		<b>Pump &amp; Cycle</b> Lisa C		<b>Cardio Blender</b> Lisa C	
8:15am	<b>Pilates, Yoga, Core</b> Lisa C	<b>Fit for Life</b> Annette	<b>Pilates, Yoga, Core</b> Lisa C	<b>Fit for Life</b> Annette	<b>Fit for Life</b> Lisa C	<b>Zumba</b> Rotation
9:15am	<b>Cardio Blender</b> Marianne(TF)	<b>Gentle Stretch</b> (30 min) Marianne (TF)	<b>Cardio Blender</b> Marianne (TF)	<b>Gentle Stretch</b> (30 min) Marianne (TF)	<b>Cardio Blender</b> Lisa C (TF)	<b>50-50</b> Rotation
	<b>Power Pump</b> (60 min) Meagan & Angel		<b>Zumba</b> Annette	<b>Power Pump</b> (60 min) Meagan & Angel		
10:30am	<b>Y-Get Moving</b> (30 min) Marianne	<b>Y-Get Moving</b> (30 min) Annette	<b>Y-Get Moving</b> (30 min) Lisa C	<b>Y-Get Moving</b> (30 min) Annette	<b>Y-Get Moving</b> (30 min) Lisa C	
	<b>Cycle &amp; Core</b> Ashley (CA)	<b>Just Cycle</b> Marianne (CA)	<b>Cycle &amp; Core</b> Ashley (CA)	<b>Just Cycle</b> Marianne (CA)	<b>Cycle &amp; Core</b> Ashley (CA)	
5:15pm	<b>Boot Camp</b> Jules (GYM)	<b>Turbo Tabata</b> (30 min) Jules (TF)	<b>Boot Camp</b> Jules (GYM)	<b>Turbo Tabata</b> (30 min) Jules (TF)	All classes listed are: <ul style="list-style-type: none"> <li>included in your YMCA membership</li> <li><b>50 minutes in length</b></li> <li>Meet in the <b>Fitness Studio</b></li> </ul> (unless otherwise indicated-see key below)	
		<b>Power Pump</b> Lisa C		<b>Power Pump</b> Lisa P		
6:15pm		<b>Cycle &amp; Core</b> Lisa C		<b>Cycle &amp; Core</b> Lisa P	<b>KEY:</b> (CA)=Cycling Alcove (TF)=Teen Fitness Center (GYM)=West Court of Gymnasium (MPR)=Multipurpose Room at Northeast end of indoor track	
7:15pm	<b>Zumba</b> Lexi	<b>Zumba</b> Lexi	<b>Zumba</b> Annette	<b>Zumba</b> Annette		

## GROUP EXERCISE CLASS DESCRIPTIONS

### Beginner/Easy Level Courses

**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. Class meets in the **Fitness Studio**.

**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. Class meets in the **Teen Fitness Center**.

**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. Class meets in the **Fitness Studio**.

### Intermediate/Medium Level Courses

**Cycle & Core** - (50 minutes) Cardio + Core = More... More fitness packed into one class! The first 40 minutes use our cycling bikes to give you an express cardio workout followed by 10 minutes of exercises specifically designed to tone and firm your core. We pack all of the essentials into this fun split class!

**Sign up at the Front Desk to reserve a bike.** Class meets in the **Cycling Alcove**. Just looking for a great express core workout? Meet in the **Fitness Studio** for the last 10-15 minutes of class!

**Just Cycle** - (50 minutes) A full class of just cycling focusing 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. This classic cardio workout gets your legs pumping on our cycling bikes! Class meets in the **Cycling Alcove** on west end of the Cardio Center.

**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. Class meets in the **Fitness Studio**.

**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. Class meets in the **Fitness Studio**.

**Pump & Cycle** – (50 minutes) Half Power Pump, half Cycling, this combination class is a great way to work on both cardio and muscle toning in one action-packed class. Class meets in the **Fitness Studio**.

**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-ing into shape! Class meets in the **Fitness Studio**.

### Advanced/Hard Level Courses

**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 workout! Class meets in the **West Court of the Gym**.

**Cardio Blender** – (50 minutes) Experience all the hottest workout trends in this class that includes a variety of cardio based exercises that are sure to rev up your heart rate and keep your pulse pumping! No class is the same so you will always be challenged and never get bored! Class meets in the **Teen Fitness Center or Fitness Studio** see group exercise schedule for specific times and locations.

**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 aerobic barbells (ranging from 5-60lbs) you pick your weight and pump your muscles to the beat of the music. Class meets in the **Fitness Studio**.

**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 will give you a full body workout in just 30 minutes. Class meets in the **Teen Fitness Center**.

**NOTE: ALL classes are designed to 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.**

**Do you have an idea for a great class? Are you interested in teaching a class?**

**We'd love to hear from you! Contact Amber Zimmer - Healthy Living Director at [amberz@ymcaofportage.org](mailto:amberz@ymcaofportage.org)**