

# Group Exercise



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Updated March 2017

<u>Monday</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>5:45 – 6:30 AM</u> Y FIT AMPED UP! Program Studio Kalyn	<u>5:45-6:30AM</u> Insanity@ Program Studio Marcela	<u>5:45 – 6:30 AM</u> Y FIT AMPED UP! Program Studio Kalyn	<u>5:45-6:30AM</u> Insanity@ Program Studio Marcela	<u>5:45 – 6:30 AM</u> Y FIT AMPED UP! Program Studio Kalyn	
<u>8:15 –8:45 AM</u> Body Sculpt Program Studio Dawn		<u>8:15 –8:55 AM</u> Body Sculpt Program Studio Dawn		<u>8:15 –8:45 AM</u> Body Sculpt Program Studio Dawn	<u>8:15 – 9:15 AM</u> Cycling Spin Studio Frank
<u>8:50 – 9:30 AM</u> ReFit@ Dance Program Studio Rachel	<u>8:20 – 9 AM</u> Y Fit Program Studio Dawn	<u>9:00 – 9:45 AM</u> Turbokick Program Studio Dawn	<u>8:30 – 9 AM</u> Cycling Spin Studio Kim	<u>8:50 – 9:30 AM</u> Turbokick Program Studio Dawn	<u>9:15 – 10:00 AM</u> Power Yoga Program Studio Jennelle
<u>8:55-9:30 AM</u> Queenax Loft Dawn	<u>9:10 – 9:50 AM</u> Yoga Program Studio Kim	<u>9:30 – 10:15 AM</u> Chair Yoga Family Gym Terri	<u>9:10 – 9:50AM</u> Power Yoga Program Studio Kim	<u>9:35 – 10:20 AM</u> Yoga Program Studio Sarah	<u>10:30 – 12:00</u> Youth Karate* Program Studio Bill Mays
<u>9:35 – 10:20 AM</u> Pilates Program Studio Sarah		<u>9:50 – 10:15 AM</u> Yoga Stretch Program Studio Dawn			
<u>9:30 – 10:15 AM</u> Chair Yoga Family Gym Terri		<u>10:30 – 11:15 AM</u> Silver Sneakers Gym Court 1 Terri		<u>10:30 – 11:15 AM</u> Silver Sneakers Gym Court 1 Sarah	
<u>10:30 – 11:15 AM</u> Silver Sneakers Gym Court 1 Sarah		<u>11:30 – 12:15 pm</u> Cycling Spin Studio Frank		<u>11:30 – 12:15 pm</u> Cycling Spin Studio Sarah	
<u>11:30 – 12:15 pm</u> Cycling Spin Studio Sarah	<u>12:00 – 12:50 pm</u> Yoga Program Studio Terri		<u>12:00 – 12:50 pm</u> Yoga Program Studio Terri		
<u>4:30 – 5:15 pm</u> Cycling Spin Studio Frank	<u>4:30 – 5:15 pm</u> Body Sculpt Program Studio Terri	<u>4:30 – 5:15 pm</u> Keola Fit* Program Studio Jennifer	<u>4:30 – 5:15 pm</u> Body Sculpt Program Studio Terri	<u>4:30 – 5:15 pm</u> Keola Fit* Program Studio Jennifer	
<u>5:30 – 6:15 pm</u> Cycling Spin Studio Lloyd	<u>5:30 – 6:15pm</u> Turbokick Program Studio Dawn	<u>5:30 – 6:30 pm</u> Cycling Spin Studio Deanna			
<u>5:30 – 6:15 pm</u> Insanity@ Program Studio Cherish	<u>6:20 – 7:15pm</u> Youth Karate* Program Studio Bill Mays	<u>5:30-6:15pm</u> Insanity@ Program Studio Marcela	<u>5:45-6:15pm</u> Sculpt Program Studio Aubrey		
<u>6:30 – 7:15pm</u> Power Yoga Program Studio Jennelle		<u>6:30 – 7:15pm</u> Yoga Program Studio Sarah	<u>6:20-6:50pm</u> Cycling Spin Studio Lloyd/Meghan		
<u>7:30 – 8:30 pm</u> Adult Karate* Program Studio Bill Mays			<u>6:30 – 8:00 pm</u> Adult Karate* Program Studio Bill Mays		

# GROUP EXERCISE CLASS DESCRIPTIONS

Classes listed below offer a variety of ways to get fit and toned. Classes may be predominantly strength and toning or predominantly conditioning but may contain both.

- **Body Sculpt** – A total body workout to shape and strengthen muscles using free weights, stability balls, resistance bands and your body weight.
- **Chair Yoga** – Using a chair for both seated and standing poses, we will bring our awareness to our breath, improving our flexibility and becoming more mindful. Please wear clothes that you can move comfortable in.
- **Cycling** – Highly motivating, fun and social. This group class offers a challenging workout for all fitness levels. Energetic and encouraging instructors guide you in riding your way to a leaner, stronger body.
- **Insanity Live** – is a combination of cardio/strength training. The workout is developed to give a person the most a workout can do for a body in a short time frame. Structured in a 2 mins of work with 30 sec of recovery guided by a coach to instruct, and motivate you.
- **Just Dance** – Burn up the dance floor and burn calories too, while we combine hip-hop, Latin and other dance rhythms for a good time and a great workout.
- **Karate (Adult & Youth)** – This class is NOT included with membership and does require registration. If you are interested in these classes, please pick up a registration packet at the front desk.
- **Pilates** – This class focuses on the core muscle groups to build strength, stabilization, and a tight waistline through stability ball and resistance exercises. Additional focus is given to a progressive total body workout to shape and strengthen all muscle groups.
- **PIYO™** – Pilates & yoga inspired moves at a faster pace to give you a full throttle cardio, strength and flexibility training at once.
- **Power Yoga** – Vigorous total body workout that will improve joint flexibility, muscle strength, physical endurance and stamina while easing tension and stress.
- **Refit®** – We believe the heart is more than a muscle, that a person is more than a body, that relationships are as important as results. We believe that fitness isn't just for the fit, **IT'S FOR THE WILLING.** Our goal is to create a fitness program for REAL people, our vision is to create a fitness experience that changes people from the inside out, our heart is to love every person we encounter so they can pass on this same love to others. **YES,** this is definitely more than a dance fitness class.
- **Silver Sneakers™ – MSROM** – is a class designed to increase muscular strength , range of motion and functional activities for daily living.
- **Silver Sneakers™ – CARDIO CIRCUIT** – Is a standing class alternating segments of non-impact cardio work with muscular strength and flexibility exercises.
- **Step-N-Sculpt** – Step combines high energy, fun patterns or intervals. Instructor may include muscular strength / endurance segments.
- **Turbokick™** – Combination of kickboxing and dance moves choreographed to high energy and motivating music.
- **Y Fit** – Every class is different but has a combination of strength, agility, speed and balance exercises. This class will bring your fitness to a new level.
- **Y Fit AMPED UP** – This class utilizes the entire gym, as well as the studio. With an emphasis on weightlifting and HIIT training, this class will get your morning started!
- **Yoga** – This class is for beginners or someone who would like a slower pace practice. We will learn to breath, the foundation of each pose and mindfulness.



**All classes are ongoing, and are open to members 13 and up Join in anytime.**  
**Classes are canceled with PCPS cancels school due to inclement weather.**  
**Classes may be canceled at times without prior notice.**

<p><b>YMCA HOURS:</b>  <u>Monday – Thursday</u>                      5:30 AM – 10 PM  <u>Friday</u>                      5:30 AM – 9 PM  <u>Saturday</u>                      8 AM – 6 PM  <u>Sunday</u>                      1 PM – 6 PM</p> <p><b>KIDSZONE HOURS:</b>  <u>Monday – Thursday</u>                      8 am – 1 pm                      4 pm – 8 pm  <u>Friday</u>                      8 am – 1 pm                      4 pm – 8 pm  <u>Saturday</u>                      8 am – 12 noon</p>
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