



GROUP FITNESS SCHEDULE

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

***All Group Fitness Classes are included in your FFYMCA membership**

September 1-December 1, 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|--|--|
| 5:30-6:30 AM BODYPUMP Kristen Zoom Option | 5:30-6:15AM Chisel and Sculpt Kristen Zoom option | 5:30-5:50AM Fit Express Sara Zoom Option | 5:30-6:10AM Power Spin Sara Spin Studio | 5:30-6:30 AM BODYPUMP Sarah Zoom Option | 7:00-8:00 AM BodyPump Renee Zoom Option | 12:30-1:30 PM Reps, Sets and cardio Deb Zoom Option |
| 6:30-7:30 AM Body Balance Deb Zoom Option | 5:30-6:15 AM Queenax Deb Cross Training Room | 5:55-6:25 AM Les Mills Core Sara Zoom Option | 7:00-7:55 AM Mix it Up Missy Zoom Option | 7:00-7:55 AM Mix it Up Missy Zoom Option | 8:15-9:00 AM Power Spin Spin Studio Jenny | |
| 8:10-9:10 AM BODYPUMP Sarah Zoom Option | 6:20-6:50 AM Les Mills Core Deb Zoom Option | 6:30-7:30AM Body Balance Renee Zoom option | 8:15-9:00 AM Power Spin Spin Studio Jenny | 8:10-9:10 AM BODYPUMP Angie Zoom Option | 9:05:10:00 AM Pound/BODY BALANCE combo Nancy Zoom Option | |
| 9:15-10:00 AM Barre Sarah Zoom Option | 7:00-7:55 AM Mix it Up Missy Zoom option | 8:10-9:10 AM BODYPUMP Angie Zoom Option | 9:15-10:15 Silver Sneakers Margret Zoom Option | 9:30-10:20 AM Silver Sneakers Cheryl Zoom Option | | |
| 10:05-11:05 AM Forever Fit Joyce Zoom option | 8:10- 9:00 AM Yoga Flow Ashley R Zoom option | 9:15-10:00 AM Barre Sarah Zoom Option | 9:15:10 AM Queenax Diana Cross Training Room | | | |
| 11:15 AM-12:15 PM Silver Sneakers Margret Zoom Option | 8:15-9:00 AM Power Spin Spin Studio Jenny | 10:05-11:05 AM Forever Fit Joyce Zoom option | | | | |
| | 9:15-10:15 AM Silver Sneakers Margret Zoom Option | | | | | |
| | 9:15-10:00 AM Queenax Diana Cross Training Room | | | | | |
| PM CLASSES | | | | | | |
| 4:30-5:30 PM BODYPUMP Angie Zoom Option | 4:30-5:30 PM BODYPUMP Ashley W Zoom Option | 4:30-5:15 PM BODYPUMP Nancy Zoom Option | 4:30-5:30 PM Cardio Kickboxing Ashley W Zoom Option | | | |
| 5:40-6:15PM Les Mills Core Angie Zoom Option | 5:30-6:30 PM Cardio Kickboxing Ashley W Zoom Option | 5:30-6:30 PM BodyBalance Nancy Zoom Option | 5:30-6:30 PM BODYPUMP Renee Zoom Option | | | |
| 6:20-7:0pm Rhythm in Motion Nancy Zoom Option | 6:35-7:30 PM Fundamentals of Muay Thai Striking Joseph Zoom option | 5:30-6:30PM Spin/Les Mills Core Deb Spin Studio | 5:30-6:30 PM Yoga Flow Ashley R Gymnastic room | | | |
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Class Descriptions

Barre - Sure to get your heart rate up with our ballet-inspired class using light weights and ballet barres to tone and strengthen the entire body. Cardio and strength training are both included to give you the lean muscle you are looking for! Also improve on flexibility! No dance experience required. It is great for ALL levels of ability!

BodyBalance™ - This is a yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. It will help improve joint flexibility & range of motion, increase your core strength and reduce your stress levels. A new BODYBalance - class is released every 3 months with new music and choreography.

BodyPump™ - Welcome to the original barbell class that strengthens your entire body. This 60 minute workout challenges all of your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspires you to get the results you came for - and fast!

Chisel & Sculpt - A combination of strength training & high intensity interval training that challenges you muscles, burn calories and build total- body strength,

Les Mills Core: Exercising your core and the muscles around your core for 30 mins. You work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

Power spin— Get in gear indoors! Transform the way you look and feel with this fat-burning cardio full body workout! You will climb, jog, sprint and dance your way to a new healthier you!

Forever Fit - A class designed for the active older adult but all ages are welcome! It includes low impact aerobics, stretching and the usage of light hand weights. This class helps keep muscles and bones strong and increases the participants' balance, coordination and range of motion. Enjoy easy-listening music and line dance steps.

Mix It Up - 50 minute class that combines Yoga, Pilates, and other exercises for a full body workout that is never the same thing twice. Utilizing a variety of equipment, we combine core strength with balance and flexibility for a total body workout, ending with stretching and relaxation. This class is ever changing, fun, creative and allows you to work at your own pace and ability.

Queenax: An all-in-one workout that wraps strength training, agility, core, and plyometrics together for one fantastic workout. This class is designed for people of all physical abilities, with modifications and alternative moves guaranteed to make you never feel left out.

Silver Sneakers: Have fun & move to music through a variety of exercises designed to increase muscular strength, range of movement & activity for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. Chairs are used.

Fit Express: A quick 20 minute boot camp style workout featuring circuit training and HIIT repetitions designed to increase strength and endurance. All levels welcome.

Cardio Kickboxing: A fun, energetic way to get in a 50 minute cardio workout with a core and stretch ending. Cardio Kickboxing is a high intensity, mixed martial arts class that offers participants of all levels to reach their workout goals by showing modifications if needed. Every song incorporates moves such as; jabs, sidekicks, hooks, uppercuts and other moves influenced by taekwondo, jiu jitsu and mixed martial arts.

POUND: A cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Pound is designed for all fitness levels and is easy to modify. Come unleash your inner rockstar!

Yoga Flow: This class incorporates simple flowing sequences to warm up the body and slower paced movements to focus on improving alignment, strength, balance, and flexibility. Yoga poses may be modified to individual's needs. No prior yoga experience required.

Pound/BodyBalance Combo: You will get a great cardio workout from the Pound portion of the class followed with a Body Balance workout that will leave you feeling centered and calm. A full body and mind workout.

Fundamentals of Muay Thai Striking is a class centered on learning the proper Muay Thai technique for punches, kicks, elbows, and knees. This class will focus on learning combinations and flows to improve strength, speed, and cardiovascular health. One intent is to learn and maintain proper Muay Thai form and technique while getting a great workout. Classes will include active drilling with a partner and life resistance exercises (this will not include any active sparring or fighting). Must be 14 years of age.

Reps, Sets, and Cardio: This class provides a variety of cardio activities to improve your cardiovascular endurance. It combines all of your favorite aspects of fitness and puts them in a workout that is designed to be lower impact, but still effective. The first half of the class will get your heart pumping followed by moves for strength and toning designed for a solid workout.

Rhythm in Motion: This low impact class will use line dancing and other popular dance songs to make your workout fun! Dancing can improve strength and stamina along with reducing stress. Cowboy boots are optional!

