

# Fremont Family YMCA

## Group Fitness Classes – LAND



### Spring 2020

(This schedule will begin Saturday, January 4)

#### Monday (before noon am)

5:30 – 6:30 BODYPUMP™ (Kristen)  
 6:35 – 7:35 BODYFLOW™ (Deb)  
 7:30 – 8:30 STRONG by Zumba (Eve)  
 8:10 – 9:10 BODYPUMP™ (Sarah)  
 9:15 – 9:55 Cardio Barre (Sarah)  
 9:00 – 10:00 Pilates (Susan) **Gymnastics Center**  
 10:00 – 11:00 Forever Fit (Joyce)

#### Monday (after 12 pm)

4:30 – 5:30 Cycle Boot Camp (Irene) **Fremont Health RM**  
 4:30 – 5:30 BODYPUMP™ (Angie)  
 5:35 – 6:05 CXWORX (Angie)  
 6:10 – 7:10 BODYFLOW (Nancy)

#### Tuesday (before noon am)

5:30 – 6:15 Chisel & Sculpt (Kristen)  
 5:30 – 6:15 Anything Goes Cardio (Deb) **Large Gym**  
 6:20 – 6:40 CXWORX (Deb)  
 7:00 – 8:00 Yogilates (Michele)  
 8:15 – 9:00 Power Spin (Jenny) **Fremont Health RM**  
 9:00 – 9:50 SilverSneakers® Classic (Laura)  
 10:00 – 10:55 Tai Chi (Shirley)  
 11:00 – 11:50 Movement Improvement (Kathi)

#### Tuesday (after 12 pm)

4:30 – 5:20 20-20-20 Burn (Irene) **Fremont Health RM**  
 5:30 – 6:30 \*High Fitness (Mallory)\*  
 5:30 – 6:30 \*Bump n' Burn (Prenatal)(Charli)\* **Fremont Health RM**  
 6:30 – 7:30 Queen HIIT (Angie) **Cross Training Room**  
 6:30 – 7:30 BODYPUMP (Mallory)

#### Wednesday (before noon am)

5:30 – 6:15 Body Pump Express (Sara)  
 5:30 – 6:15 Queen Bootcamp (Deb) **Cross Training Room**  
 6:25 – 7:20 BODYFLOW (Deb)  
 8:10 – 9:10 BODYPUMP™ (Angie)  
 9:15 – 9:55 Cardio Barre (Sarah)  
 10:00 – 11:00 Forever Fit (Joyce)  
 11:15 – 12:15 Movement Improvement 2 (Kathi)

#### Wednesday (after 12 pm)

4:45 – 5:15 Cycle Boot Camp (Irene) **Fremont Health RM**  
 5:15 – 6:00 CX-Flow (Deb)  
 5:30 – 6:25 BODYPUMP™ (Kristen)  
 6:30 – 7:00 CXWORX (Angie)

#### Thursday (before noon am)

5:30 – 6:00 CXWORX (Sara)  
 6:00 – 6:30 STEP (Deb)  
 6:30 – 7:00 EXPRESS BODYFLOW (Deb)  
 7:00 – 7:50 Yogilates (Melissa)  
 8:15 – 9:00 Power Spin (Christy) **Fremont Health RM**  
 8:15 – 8:50 Zumba (Eve)  
 9:00 – 9:50 SilverSneakers® Classic (Laura)  
 9:00 – 9:45 Queen HIIT (Angie) **Cross Training Room**  
 10:00 – 10:55 Tai Chi (Shirley)  
 11:00 – 11:50 Movement Improvement (Kathi)

#### Thursday (after 12 pm)

4:30 – 5:15 Tabata Queen (Irene)  
 4:30 – 5:30 BODYPUMP (Nancy)  
 5:30 – 6:30 \*Slim n' Tone (Postnatal)(Charli)\* **Fremont Health RM**  
 5:35 – 6:35 Intensity Fusion (Angie)

**Ask to join our Fremont Family YMCA Group Fitness Facebook group AND download our APP (Daxko-YMCA of Fremont) for all updates/cancelations/motivation.**

#### Friday (before noon am)

5:30 – 6:30 BODYPUMP (Sarah)  
 5:30 – 6:15 Energy Ride (Jenny) **Fremont Health RM**  
 6:30 – 7:00 Queenax Express (Deb) **Cross Training Room**  
 7:00 – 8:00 Yogilates (Michele)  
 8:10 – 9:10 BODYPUMP™ (Angie)  
 9:00 – 10:00 Pilates (Susan) **Gymnastics Center**  
 10:00 – 11:00 Forever Fit (Joyce)

#### Saturday (before noon am)

7:20 – 8:20 BODYPUMP™ (Sara)  
 8:25 – 8:55 EXPRESS BODYFLOW (Nancy)  
 8:15 – 9:00 Energy Ride (Rotating) **Fremont Health RM**  
 9:00 – 10:00 \*High Fitness (Mallory)\*  
 9:00 – 9:45 Queen HIIT (Angie) **Cross Training Room**  
 10:05 – 10:35 \*CXWORX (Mallory)\*

**Class size is limited for BODYPUMP. It is a first come first serve basis.** Most classes are in the Katie Humphrey Studio unless noted.

**FREMONT HEALTH RM:** Located down tennis court hallway.

**Large Gym:** Is the gym by the Wellness Center.

**Gymnastic Center:** Located upstairs next to Tennis viewing area.

**Cross Training Room:** Located through the Wellness Center.

**\* NEW CLASSES \***

## YOU CAN FIND MORE CLASS DESCRIPTIONS ON OUR YMCA 'DAXKO' APP...



**Boot Camp**- High Intensity Intervals to Tabata to fun challenges; tons of different exercises from body weight to the use of a variety of equipment. There are plenty of modifications to take your workout up or down a notch.

**Cardio 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!

**BodyFlow™** - 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 BODYFLOW 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!

**STRONG by Zumba** - A combination of bodyweight, muscle conditioning, cardio and plyometric training synced to original music that has been specifically designed to match every single move.

**Chisel & Sculpt** - A combination of strength training & high intensity interval training that challenges your muscles, burns calories and builds total-body strength.

**Cycle Boot Camp** - Pedal your way to a healthier life! 15 minutes of cycle followed by 15 minutes of strength training and repeat to make a fun workout (increments of cycle/strength/core may change) Great for the beginner or the advanced cyclist.

**CXWORX:** Exercising your core and the muscles around your core for 30 minutes. 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.

**Energy Ride**- 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.

**Intensity Fusion** - Using your body weight and light hand weights, you will move through a series of fast-paced cardio intervals with kickboxing, mountain climbers, jumps, steps and nonstop movement to help you reach a maximum burn and increase endurance and agility. The class sequences change often so you never get bored and the challenge stays fresh. This class will have high-energy and will alternate from using steps to a combination of athletic movements. Many moves that cater for your beginners to your fitness fanatics.

**Movement Improvement** - This class is specific to the population living with neurological disorders, such as MS, Parkinson's, RA, etc. It will be a safe exercise environment with goals of increasing range of motion, improving strength & balance and socializing with others to gain better physical & neurological abilities. This class is a lot of fun!

**Tai Chi** - Strengthen the central nervous system and stimulate the cerebral cortex, both helping the brain to rest and relieve certain nervous and mental disease. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**Hiit Queen** - A full body, high intensity workout on the Queenax. Your instructor will make use of the entire Queenax to provide a well-balanced circuit-training workout.

**Tabata Queen** - This class consists of a full body workout, combining strength exercises with cardio. This workout is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods.

**Queenax Bootcamp** - 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.

**\*High Fitness** - Think old school aerobics meets HIIT training. LMFAO meets Jane Fonda with a side of Richard Simmons. All mashed up into a one-hour, total body workout. You will have a blast, see real results and leave this class wanting more!

**\*Bump N' Burn (Prenatal)** - Specifically designed for pregnant women, this class has your full body working through strength training exercises and a little cardio, mixed in with some core strength, giving you everything you need to stay in shape and feel good during pregnancy.

**\*Slim N' Tone (Postpartum)** - Specifically designed for new mothers, this class has your whole body working through strength training exercises, a little cardio mixed in with some core strength, giving you everything you need to get back into shape post-baby.