



GROUP FITNESS SCHEDULE

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

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

January 9th- April 1st, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 AM BodyBalance Kristen Zoom Option	5:30-6:15 AM Queenax Cross Training Room Deb	5:30-6:15am Spin 'n Core Spin Studio Sara	5:15-6:00 AM BodyBalance Deb Zoom Option	5:30-6:30 AM BODYPUMP Sarah Zoom Option	8:00-9:00 AM BodyPump Renee Zoom Option
6:35-7:35 AM BodyBalance Deb Zoom Option	5:30-6:15AM Chisel and Sculpt Kristen Zoom option	8:10-9:10 AM BODYPUMP Angie 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	9:15-10:00 AM Barre Sarah Zoom Option	8:15-9:00 AM Power Spin Spin Studio Jenny	8:10-9:10 AM BODYPUMP Angie Zoom Option	9:00-10:00 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	10:05-11:05 AM Forever Fit Joyce	9:00-9:45 AM Queenax Diana Cross Training Room	9:30-10:30 AM Silver Sneakers Cheryl Zoom Option	
10:05-11:05 AM Forever Fit Joyce	8:15-9:00 AM Power Spin Spin Studio Jenny				
11:15 AM-12:15 PM Silver Sneakers Cheryl Zoom Option	9:15-10:05 AM Silver Sneakers Cheryl Zoom Option				
	9:00-9:45 AM Queenax Rebecca Cross Training Room				
PM CLASSES					
4:30-5:30 PM BODYPUMP Angie Zoom Option	4:30-5:15 PM BODYPUMP Nancy Zoom Option	4:30-5:30 PM Spin/Les Mills Core Spin Studio Deb	4:30-5:30 PM Cardio Kickboxing Ashley Zoom Option	4:30-5:30 PM Spin/BodyBalance Spin studio Deb	
5:40-6:15PM Les Mills Core Angie Zoom Option	5:30-6:30 PM Cardio Kickboxing Ashley Zoom Option	4:30-5:30 PM BODYPUMP Ashley Zoom Option	5:30-6:30 PM BODYPUMP Renee Zoom Option		
6:15-7:15PM Getting Fitter 1/2 floor aerobics 1/2Body Balance Renee Zoom Option		5:45-6:45 PM BodyBalance Nancy Zoom Option	5:30-6:30 PM Pound Nancy Large Gym		

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.

Getting Fitter: This class involves floor aerobics combined with lower and upper body toning. It gets your heart rate pumping and involves working your core in a standing position, modifications can be included so any level of fitness can join in.

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: 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.

