

Flowood YMCA Group Exercise Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 5:00am Y Staff	Bootcamp 5:00am Brit	Bootcamp 5:00am Brit	Bootcamp 5:00am Brit	Bootcamp 5:00am Brit	Y Cycle 8:30am Meg	Strength Train Together 1:30pm Nancilynn
Y Cycle 5:30am Martha M.	Pilates Reformer 5:30am Skye	Y Cycle 5:30am Martha Davis	Y Cycle 5:30am Faith	Y Cycle 5:45am Rhonda	Bootcamp 9:00am Crystal	Hip Hop Cycle 2:00pm Faith
Mix It Up 8:00am Rita	Y Cycle 9:00am Christy	Bootcamp 9:00am Brian	Y Cycle 9:00am Christy	Mix It Up 8:00am Rita	Strength Train Together 9:00am Amy	Restorative Yoga 3:00pm Skye
Booty Camp 9:00am Amy	Mix It Up 9:00am Martha	Step Aerobics 9:00am Chloe	Mix It Up 9:00am Meg	Pilates Reformer 9:00am Martha	Pilates Reformer 9:30am Meg	
Mat Pilates 9:00am Rita	Strength Train Together 10:00am Kathia	Reformer Fusion 9:00am Skye	Strength Train Together 10:00am Kathia	Retro Hi/Lo Aerobics 9:00am Meg	Zumba 10:00am	
Silver Sneakers 10:00am BJ	Pilates Reformer 10:15am Martha	Silver Sneakers 10:00am BJ	Pilates Reformer 10:15am Meg	Pilates Reformer 10:00am Meg	Kids Bootcamp 10:15am Amy	
Silver Sneakers 11:00am BJ	Functional Yoga 11:00am Heidi	Yoga Flow 11:00am Skye	Functional Yoga 11:00am Heidi	Silver Sneakers Cardio 10:00am Martha M		
Kickboxing 4:45pm Angelia	Pilates Reformer 12:15pm Martha	Yoga 4:30pm Skye	Pilates Reformer 12:15pm Martha	Silver Sneakers Yoga 11:00am Martha		
Pilates Reformer 4:45pm Martha M.	Y Cycle 4:30pm Christy	Bootcamp 5:15pm Crystal	Step Aerobics 4:30pm Laurie	Kickboxing 4:45pm Kate		
Y Cycle 5:00pm Meg	Pilates Reformer 4:45pm Angelia	Strength Train Together 5:30pm Nancilynn	Pilates Reformer 4:45pm Angelia			
Bootcamp 5:15pm Crystal	Mash-Up 5:00pm Heather	Pilates Reformer 5:45pm Skye	Hip Hop Cycle 4:45pm Faith			
Strength Train Together 5:30pm Amy	Bootcamp 5:15pm Crystal		Bootcamp 5:15pm Brian			
Pilates Reformer 5:45pm Martha M.	Yoga 6:00pm Rita		Ballet Barre 5:30pm Laurie			
Zumba 6:30pm Karen			Pilates Reformer 5:45pm Martha			

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			Y Cycle 6:15pm Heather			
			Zumba 6:30pm Laurie			

CLASS DESCRIPTIONS

Y Cycle. Indoor cycling will increase your cardiovascular endurance and strengthen your abs, lower back and legs while providing an aerobic challenge just for you. With some of your favorite tunes to keep you motivated, Y Cycle allows the instructor to create indoor rides through mixed terrain to most mimic an outdoor ride.

Zumba®. Cardiovascular workout that uses Latin-inspired dance moves set to international music.

Boot Camp. Challenges the body with a variety of cardio and strength training techniques. Calisthenics type exercises are the fundamentals of this program.

Booty Camp. A strong and sculpted butt is the secret to improving speed, power and overall sports performance, while also decreasing your risk of injury. Weights, bands, stability balls & more are used to get the booty rock solid.

Kickboxing. A high intense cardiovascular class incorporating martial arts, shadow boxing, kickboxing and sports drills.

Mash Up. This Tabata class includes alternating periods of short intense anaerobic exercise with an even shorter, less-intense recovery period. With a variety of exercises and methods for this training, you'll always be targeting major muscle groups for a whole body workout.

Reformer Fusion. Fusing Reformer Pilates, weights, cardio and yoga to get the body moving and the heart rate up! Strong workout with lots of fun!

Kids Bootcamp is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercise and interactive

Yoga. Concentrates on improving balance, flexibility, relaxation and breathing techniques. Practicing yoga is a great way to learn how to manage and relieve stress.

Ballet Barre is a total body workout fusion of ballet barre exercises, Pilates core work, yoga flexibility and resistance training that will sculpt, stretch and tone major muscle groups. Class may include balls, bands or dumbbells. No dance experience needed.

Retro Hi/Low Aerobics. Remember Jazzercise? This total body workout takes you back to the Retro 80's format of an Aerobic class. Fun, high/low moves and great music from the past!

Strength Train Together. Blasts all your muscles with this high-rep weight training workout for all fitness levels. Combination of squats, lunges, presses and curls with functional integrated exercises to strengthen and sculpt the body!

Mix It Up. A full body cardio workout with a mix of weights, bands, steps & more to shock the body into shape!

Reformer Pilates. Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.