



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Y Cycle</b> 8:30am Paula	<b>Yoga</b> 8:45am Crystal	<b>Y Cycle</b> 8:30am Paula	<b>Strength Train Together</b> 8:30am Paula	<b>Y Cycle</b> 8:30am Paula	<b>Y Cycle</b> 9:00am Paula (1 <sup>st</sup> and 3 <sup>rd</sup> Saturday)	
<b>Mix It Up</b> 4:45pm Laurie	<b>Silver Sneakers Cardio</b> 10:00am BJ	<b>Step</b> 4:45pm Laurie	<b>Silver Sneakers Cardio</b> 10:00am Martha	<b>Upper Body Bootcamp</b> 11:00am Brian	<b>Body Amp</b> 7:15am Kate (2 <sup>nd</sup> and 4 <sup>th</sup> Saturday)	
<b>Abs</b> 5:45pm Paula	<b>Ballet Bar</b> 4:45pm Laurie	<b>Abs</b> 5:30pm Laurie	<b>Silver Sneakers Yoga/Stretch</b> 11:00am Martha		<b>Zumba</b> 8:15am Renada	
<b>Strength Train Together</b> 6:00 pm Paula	<b>Kick Boxing</b> 5:45pm Kate	<b>Mix It Up</b> 5:45pm Laurie	<b>Pilates</b> 4:45pm Crystal			
	<b>Y Cycle</b> 6:00pm Paula		<b>Y Cycle</b> 5:45pm Paula			

## CLASS DESCRIPTIONS

### CARDIO

**Cycle** a cardiovascular workout on the stationary bike followed by a strength workout focused on the upper body and core utilizing dumbbells, bands and other equipment

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

### MARTIAL ARTS & BOXING

**Kickboxing** is a cardiovascular class that incorporates martial arts, shadow boxing, kickboxing and sports drills.

**Yoga** concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

### STRENGTH TRAINING CLASSES

**Barre Exercise** total body workout is a 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.

**Strength Train Together** blasts all your muscles with this high-rep weight training workout for all fitness levels ages 13 and up. Using an adjustable barbell, weight plates, and body weight, Combine squats, lunges, presses, and curls with functional integrated exercises.

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

