



# RESERVOIR YMCA GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y-Cycle 8:30am Paula	Yoga 8:45am Debbie	Y-Cycle 8:30am Paula	Abs 8:30am Paula	Y-Cycle 8:30am Paula	Body Amp 7:15am Kate (2 <sup>nd</sup> Saturday)	
Silver Sneakers Cardio 10:00am Martha	Ballet Barre 4:45pm Laurie	Strength Train Together 9:30am Charlene	Mix It Up 8:45am Paula	Silver Sneakers Cardio 10:00am Skye	Zumba 8:15am Renada	
Silver Sneakers Yoga 11:00am Martha	Kickboxing 5:45pm Kate	Step 4:45pm Laurie	Silver Sneakers Cardio 10:00am Martha		Y-Cycle 9:00am Paula (1 <sup>st</sup> & 3 <sup>rd</sup> Saturday)	
Mix It Up 4:45pm Laurie	Y-Cycle 5:45pm Paula	Y-Cycle 4:45pm Paula	Silver Sneakers Yoga 11:00am Martha			
Abs 5:45pm Paula		Mix It Up 5:45pm Laurie	Yoga 4:30 pm Debi			
Mix It Up 6:00pm Paula			Y-Cycle 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