



# FOX VALLEY YMCA – CENTRAL BRANCH

## Group Exercise Schedule Starts September 14<sup>th</sup>, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AM	AM	AM	AM	AM
*5:00-6:00 Boot Camp	*5:00-6:00 Boot Camp Run	*5:00-6:00 Boot Camp	*5:00-6:00 Boot Camp Run	*5:00-6:00 Boot Camp	
*5:15-6:00 Spinsanity	5:15-6:00 	5:15-6:00 			
8:45-9:35 		8:45-9:35 		8:00-8:45 Pilates	7:30-8:20 
*9:45-10:30 Spinsanity	8:45-9:30 	*9:45-10:30 Spinsanity	8:45-9:30 	9:00-9:45 	*8:30-9:15 Spinsanity
9:45-10:30 	9:45-10:30 Yoga	9:45-10:30 	<b>9:45-10:30</b> Barre and Stretch		9:15-10:00 
~ 9:00-9:45 	~ 9:00-9:45 	~ 9:00-9:45 H2O Cardio	~ 9:00-9:45 Aqua Fit		YOGA 10:15-11:00
10:30-11:15 Enhance				10:30-11:15 Enhance	
PM	PM	PM	PM	PM	
					Classes will be held in different locations as below
6:00-6:45 DANCE HIIT	6:00-6:45 	6:00-6:45 	6:00-6:45 Move Stretch and Strength		Gym *upstairs ~ Pool
7:00-7:45 Yoga	*7:00-7:45 Spinsanity	7:00-7:45 Rock Out Yoga	*7:00-7:45 Spinsanity		<b>Changes are in bold</b>

# GROUP EXERCISE CLASS DESCRIPTIONS

<b>BOOT CAMP</b>	Boot camp is for individuals looking to be pushed to the next level! This class includes a mix of cardio and strength training. You will utilize body weight exercises, weight training and tabata methods. Tuesdays and Thursdays are typically more cardio based, utilizing the outdoors on occasion, weather permitting.
<b>ENHANCE</b>	A proven, community-based senior fitness and arthritis management program. This class will help you become more active, energized, and empowered. It will focus on cardiovascular endurance, strength, flexibility, and balance to help reduce arthritis symptoms. All fitness levels are encouraged to participate.
<b>SPINSANITY</b>	This class is like a party with pedals attached. You will work your body to the high energy beats of rock, hip-hop, alternative and pop music as you climb, sprint and work core stability.
<b>SPINTASTIC</b>	This class is based on outdoor riding. Go through hills, flats, mountain peaks and intervals. Students journey through inspiring music and incorporate riding positions and speeds to suit the terrain.
<b>Pilates and Stretch</b>	This class combines movements from the center to work your core and increase the strength of the stabilizing muscles. We will combine this work with a series of stretching exercises to lengthen the muscles and increase flexibility.
	BODYCOMBAT™ is the empowering group fitness cardio workout where you are totally unleashed. This energetic program is inspired by mixed martial arts.
	An energizing step workout that will have you feeling liberated and alive. Using height adjustable steps and simple movements on, over, and around the step.
	BodyPump is a barbell program for participants of all fitness levels. Sculpt your body from head to toe while increasing muscular strength and endurance!
<b>DANCE HIIT</b>	This class incorporates high intensity interval training (HIIT) styles with high energy cardio dance routines. You will target and tone your muscles with strength training moves for a total body workout. Routines will include hip hop, latin and more of today's music.
	WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music.
<b>ROCK OUT YOGA &amp; POWER YOGA</b>	This version is an all level athletic yoga class. Come rock out to your favorite tunes while powering through this strength building yoga class. All levels are welcome!
<b>YOGA</b>	Sequential movements that interlink postures to form a continuous flow. The instructors will provide a variety of routines. All fitness levels are welcome!
<b>BARRE and Stretch</b>	Improve your flexibility and increase your strength while reducing stress levels and leaving class feeling calm and centered. You will be guided through postures inspired by dance, Pilates and yoga. This class focuses on alignment, form, and safety.
<b>PILATES</b>	Focus is placed on precise movements originating from the center or core of your body. Working from the deepest layers of muscles, which stabilize and support your spine and pelvis.
<b>MOVE, STRENGTH &amp; STRETCH</b>	A class for all skill and experience levels. Each class will include a Cardio/Interval activity, Strength Exercises and Yoga/Stretching to cool down. A great way to get your heart pumping, and work towards building strong, long & lean muscles.
	WATERinMOTION® is a fun group aqua class that tones your whole body. This class is for all ages and levels. Come get a good workout while enjoying this low impact aqua class with great music and welcoming instructors.
<b>H2O Cardio</b>	<b>H2O Cardio</b> embraces the rhythms and movements of a variety of upbeat musical styles creating endless possibilities for fun and energizing workouts. Water creates natural resistance to burn calories, increase muscle strength, endurance, flexibility, and balance.
<b>AQUA FIT</b>	Aqua Fit is a high energy, low impact aqua interval workout for all fitness levels. This class will use your entire body to challenge your muscular endurance, balance and cardiovascular capacity. All while having fun in the pool! You'll leave feeling refreshed and empowered!
	<b>Aqua Zumba®</b> blends the <b>Zumba®</b> philosophy with water resistance, for one pool party you shouldn't miss! Water creates natural resistance, which means every step is more challenging and helps tone your muscles.