



FOX VALLEY YMCA – CENTRAL BRANCH

GROUP EXERCISE SCHEDULE starts October 29th, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AM	AM	AM	AM	AM
5:00-6:00 Boot Camp	5:00-6:00 Boot Camp	5:00-6:00 Boot Camp	5:00-6:00 Boot Camp	5:00-6:00 Boot Camp	
5:45-6:30* Spinsanity	5:45-6:30 POUND	5:45-6:30 		5:45-6:30 	7:45-8:45
8:30-9:15 POUND				8:30-9:15** Pilates	8:50-9:35* *Spinsanity
9:00-9:45 ~ 	9:30-10:15 ~ 	9:00-9:45 ~ 	9:30-10:15 ~ 	9:00-9:45 ~ 	9:00-10:00
9:15-10:00 	9:00-9:45 	9:00-10:00 	9:00-9:55 ATHLETIC!	9:15-10:00 	10:00-11:00
9:15-10:00 *Spintastic	9:00-10:00 **Yoga	9:15-10:00 *Spinsanity	9:15-10:00 	9:15-10:00 *Spintastic	
10:00-11:00 	9:45-10:15 Barre Express	10:05-10:55 	10:00-11:00 	10:00-11:00 	
10:15-11:15 **Enhance	10:15-11:00 	10:15-11:15 **Enhance		10:15-11:15 **Enhance	
PM	PM	PM	PM	PM	
		4:30-5:15 ~ 			Bolded Classes = New Class or Time Change
5:30-6:15 	5:30-6:30 	5:30-6:15 	5:30-6:15 tone		
6:00-7:00 **Yoga	6:30-7:15 	6:00-7:00 **Yoga	6:15-7:00 		*Class will be held in the Cycle Studio
6:30-7:15 *Spinsanity	6:30-7:30** 	6:30-7:15 *Spinsanity			**Class will be held in the Mind/Body Studio
6:30-7:30 DANCE HIIT (same class, new name)		6:30-7:30 DANCE HIIT (same class, new name)			~Class will be held in the Pool

GROUP EXERCISE CLASS DESCRIPTIONS

BOOT CAMP	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.
ENHANCE	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.
SPINSANITY	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.
SPINTASTIC	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.
	TONE offers a modern training experience while maintaining the original 3 in 1 training style. A mix of cardio, resistance and core, TONE plays with a variety of training concepts to ensure everyone gets the best results from their workout
	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!
	BODYFLOW is a yoga-based class that takes you through a series of simple yoga moves and embraces elements of Tai Chi and Pilates. Improve your flexibility and increase your core strength while reducing stress levels and leaving class feeling calm and centered.
DANCE HIIT	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.
YOGA	Sequential movements that interlink postures to form a continuous flow. The instructors will provide a variety of routines. All fitness levels are welcome!
BARRE EXPRESS	Using the ballet barre and your own body weight, you will be guided through postures inspired by dance, Pilates and yoga. This class focuses on alignment, form, and safety.
PILATES	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.
POUND	Rockout. Workout. Is a full-body cardio jam session, inspired by the energizing, infectious, sweat-dripping fun of playing the drums!
	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.
	Aqua Zumba® blends the Zumba® 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.