







FOX VALLEY YMCA – CENTRAL BRANCH

GROUP EXERCISE SCHEDULE starts May 1st 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AM	AM	AM	AM	AM
5:45-6:30 *Spinsanity	5:45-6:30 **Yoga	5:45-6:30 		5:45-6:45 	7:30-8:30 
	9:00-9:45 		9:00-9:45  **ATHLETIC!	8:30-9:15 **Pilates	8:35-9:20 *Spinsanity
9:00-10:00 ~Aqua Fit	9:00-9:45 ~Aqua Zumba	9:00-10:00 ~Aqua Fit	9:00-9:45 ~Aqua Zumba	9:00-10:00 ~Aqua Fit	9:00-10:00 WERQ
9:00-10:00 WERQ	9:00-10:00 **Yoga	9:00-10:00 WERQ	9:00-10:00 Yoga	9:15-10:00 	9:30-10:30 **Yoga
9:15-10:00 *Spintastic	9:45-10:15 Core	9:15-10:00 *Spinsanity	9:45-10:15 **Core	9:15-10:00 *Spintastic	
10:00-11:00 	10:15-11:00 	10:00-11:00 	10:15-11:00 WERQ	10:00-11:00 	
PM	PM	PM	PM	PM	
5:30-6:15 *Spinsanity	5:00-6:00 	5:30-6:15 	5:30-6:15 HIIT		Bolded Classes = New Class or Time Change
5:30-6:30 Yoga	6:10-6:55 	5:30-6:30 **Yoga	6:20-7:05 		*Class will be held in the Cycle Studio
6:30 - 7:30 Zumba	7:00-8:00 WERQ	6:30-7:15 *Spinsanity			**Class will be held in the Mind/Body Studio
		6:30-7:30 Zumba			~Class will be held in the Pool

GROUP EXERCISE CLASS DESCRIPTIONS

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.
	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!
ZUMBA	Get fit with these fun Latin rhythms! Anyone can join the party get a great cardio and core blasting workout!
WERQ®	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!
CORE	Round out your fitness routine with this quick yet effective core workout. Interval style exercises designed to train the muscles of your abdomen, pelvis, lower back, and hips.
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.
HIIT	Interval Training made up of a variety of exercises. This circuit style class will focus on strength and conditioning for a full body workout. All fitness levels are welcome!
AQUA FIT	Join us in this fun and invigorating total body workout using the water's resistance. This class will get your heart pumping, joints moving and improve muscular strength, flexibility and balance.
WATER DANCE	Bring your dance floor to the pool for a low to no impact calorie burning class. Appropriate for all fitness levels, this class showcases a variety of dance styles to an eclectic mix of music.
SCULPT & GROOVE	A blend of barre and dance, this class alternates between lower body sculpting and balancing moves and fun low impact dance. All levels welcome.
AQUA ZUMBA	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.