


















# FOX VALLEY YMCA – CENTRAL BRANCH

## GROUP EXERCISE SCHEDULE starts November 6<sup>th</sup>, 2017

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|--|--|---|--|--|--|
| AM   | AM   | AM  | AM   | AM   | AM   |
| 5:00-6:00<br>Boot Camp   | 5:00-6:00<br>Boot Camp   | 5:00-6:00<br>Boot Camp  | 5:00-6:00<br>Boot Camp   | 5:00-6:00<br>Boot Camp   |  |
| 5:45-6:30<br>*Spinsanity   | 5:45-6:30<br>**Yoga  | 5:45-6:30<br>            |  | 5:45-6:30<br>     | 7:30-8:30<br> |
|  | <b>8:30-9:15</b><br>~Aqua TUFF   |   | <b>8:30-9:15</b><br>~Aqua TUFF   | 8:30-9:15<br>**Pilates   | 8:35-9:20<br>*Spinsanity   |
| 9:00-10:00<br>~Aqua Fit  | <b>9:30-10:15</b><br>~Aqua Zumba   | 9:00-10:00<br>~Aqua Fit   | <b>9:30-10:15</b><br>~Aqua Zumba   | 9:00-10:00<br>~Aqua Fit  | 9:00-10:00<br>WERQ   |
| 9:00-10:00<br>WERQ   | 8:45-9:45<br>     | 9:00-10:00<br>WERQ  | 8:45-9:30<br><br>ATHLETIC! | 9:15-10:00<br>    | 9:30-10:30<br>**Yoga   |
| 9:15-10:00<br>*Spintastic  | 9:00-10:00<br>**Yoga   | 9:15-10:00<br>*Spinsanity   | 9:30-10:00<br>Core   | 9:15-10:00<br>*Spintastic  |  |
| 10:00-11:00<br> | 9:45-10:15<br>Barre EXPRESS  | <b>10:05-10:55</b><br> | 9:15-10:00<br>**WERQ   | 10:00-11:00<br> |  |
| <b>10:15-11:15</b><br>Enhance  | 10:15-11:00<br> |   | 10:00-11:00<br>Yoga  | <b>10:15-11:15</b><br>Enhance  |  |
| PM   | PM   | PM  | PM   | PM   |  |
| 5:15-6:00<br>   | 5:30-6:30<br>   | 4:30-5:15<br>~Aqua Zumba  | 5:30-6:15<br>            |  | <b>Bolded Classes =<br/>New Class or<br/>Time Change</b>   |
| 5:30-6:30<br>Yoga  | 6:30-7:30<br>WERQ  | 5:30-6:30<br>**Yoga   | 6:15-7:00<br>            |  | *Class will be held in the Cycle Studio  |
| 6:00-6:45<br>*Spinsanity   |  | 6:30-7:15<br>*Spinsanity  |  |  | **Class will be held in the Mind/Body Studio   |
| 6:30-7:30<br>Zumba   |  | 6:30-7:30<br>Zumba  |  |  | ~Class will be held in the Pool  |

# 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.  |
| <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.  |
|  | Step into a BODYVIVE™ 3.1 class for a complete workout. This class utilizes resistance tubes. The challenging mix of cardio and resistance exercises will help you burn calories and take your fitness to the next level.  |
|  | 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>ZUMBA</b>  | Get fit with these fun Latin rhythms! Anyone can join the party get a great cardio and core blasting workout!  |
| <b>WERQ®</b>  | WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music.   |
| <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 EXPRESS</b>  | 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.   |
| <b>CORE</b>   | 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.   |
| <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>HIIT</b>   | 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!   |
| <b>AQUA TUFF</b>  | <b>Total Ultimate Fitness Force</b> 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 FIT</b>   | 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.  |
| <b>AQUA ZUMBA</b>   | <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.   |