## JULY 2018 YMCA Group Exercise Schedule

### Monday
- **8:30am**
  - (A) Body Transformation
    - Anissa
  - **9:00am**
    - (G) Boot Camp
      - Leslie
    - **10:00am**
      - (G) Zumba®
        - Sandee
      - (C) Group Cycle
        - Leslie
    - **11:00am**
      - (G) Zumba®
        - Sandee
      - (G) Cardio Mania
        - Leslie
      - (C) Group Cycle
        - Dana H
    - **12:00pm**
      - (A) Pilates
        - Aimee
      - (A) Senior Fit
        - Allison
  - **2:00pm**
    - (G) Boot Camp
      - Aimee
  - **3:00pm**
    - (C) Group Cycle
      - Leslie
  - **4:00pm**
    - (A) Step
      - Dana H
  - **5:00pm**
    - (C) Group Cycle
      - Dana H
  - **6:00pm**
    - (A) Flow Yoga
      - Cathy
  - **7:00pm**
    - (C) Group Cycle
      - Dana H
  - **8:00pm**
    - (A) Zumba®
      - Sandee

### Tuesday
- **8:30am**
  - (G) Boot Camp
    - Leslie
  - **9:00am**
    - (G) Zumba®
      - Sandee
  - **10:00am**
    - (A) Zumba Toning®
      - Sandee
  - **11:00am**
    - (A) Zumba®
      - Sandee
    - (G) Zumba®
      - Sandee
  - **12:00pm**
    - (A) Total Sculpt
      - Allison
  - **2:00pm**
    - (A) Total Sculpt
      - Allison
  - **3:00pm**
    - (A) Flow Yoga II
      - Cathy
  - **4:00pm**
    - (C) Group Cycle
      - Leslie
  - **5:00pm**
    - (A) Zumba®
      - Sandee
  - **6:00pm**
    - (OP) Aqua Mix
      - Yvonne

### Wednesday
- **8:30am**
  - (G) Boot Camp
    - Leslie
  - **9:00am**
    - (G) Zumba®
      - Sandee
  - **10:00am**
    - (A) Zumba Toning®
      - Sandee
  - **11:00am**
    - (A) Zumba®
      - Sandee
    - (G) Zumba®
      - Sandee
  - **12:00pm**
    - (A) Total Sculpt
      - Allison
  - **2:00pm**
    - (A) Total Sculpt
      - Allison
  - **3:00pm**
    - (A) Flow Yoga II
      - Cathy
  - **4:00pm**
    - (C) Group Cycle
      - Leslie
  - **5:00pm**
    - (A) Zumba®
      - Sandee
  - **6:00pm**
    - (OP) Aqua Mix
      - Yvonne

### Thursday
- **8:30am**
  - (G) Boot Camp
    - Leslie
  - **9:00am**
    - (G) Zumba®
      - Sandee
  - **10:00am**
    - (A) Zumba Toning®
      - Sandee
  - **11:00am**
    - (A) Zumba®
      - Sandee
    - (G) Zumba®
      - Sandee
  - **12:00pm**
    - (A) Total Sculpt
      - Allison
  - **2:00pm**
    - (A) Total Sculpt
      - Allison
  - **3:00pm**
    - (A) Flow Yoga II
      - Cathy
  - **4:00pm**
    - (C) Group Cycle
      - Leslie
  - **5:00pm**
    - (A) Zumba®
      - Sandee
  - **6:00pm**
    - (OP) Aqua Mix
      - Yvonne

### Friday
- **8:30am**
  - (G) Boot Camp
    - Leslie
  - **9:00am**
    - (G) Zumba®
      - Sandee
  - **10:00am**
    - (A) Zumba Toning®
      - Sandee
  - **11:00am**
    - (A) Zumba®
      - Sandee
    - (G) Zumba®
      - Sandee
  - **12:00pm**
    - (A) Total Sculpt
      - Allison
  - **2:00pm**
    - (A) Total Sculpt
      - Allison
  - **3:00pm**
    - (A) Flow Yoga II
      - Cathy
  - **4:00pm**
    - (C) Group Cycle
      - Leslie
  - **5:00pm**
    - (A) Zumba®
      - Sandee
  - **6:00pm**
    - (OP) Aqua Mix
      - Yvonne

### Saturday
- **8:30am**
  - (G) Boot Camp
    - Leslie
  - **9:00am**
    - (G) Zumba®
      - Sandee
  - **10:00am**
    - (A) Zumba Toning®
      - Sandee
  - **11:00am**
    - (A) Zumba®
      - Sandee
    - (G) Zumba®
      - Sandee
  - **12:00pm**
    - (A) Total Sculpt
      - Allison
  - **2:00pm**
    - (A) Total Sculpt
      - Allison
  - **3:00pm**
    - (A) Flow Yoga II
      - Cathy
  - **4:00pm**
    - (C) Group Cycle
      - Leslie
  - **5:00pm**
    - (A) Zumba®
      - Sandee
  - **6:00pm**
    - (OP) Aqua Mix
      - Yvonne

### Additional Notes
- **Happy July 4th!!
- We are open 9 to 5
- 9:30 Group Cycle
- Only class offered
- Sign up for Summer’s End Road Race 8/11/18
**Aqua Class Descriptions:**

**Aqua Mix**—This 45 minute water class provides a combination water workout that includes cardio conditioning and muscle strengthening exercises along with water’s natural resistance.

**Group Fitness Class Descriptions:**

**Beginner Cycle**—Intro to indoor cycling. Only 45 mins of great cardio, learning the lingo and proper technique. Designed with beginners in mind, but everyone welcome!

**Body Transform**—High intensity and endurance based workout. Timed intervals of strength, cardio and abs

**Boot Camp**—Come enjoy an energizing circuit class using weights, body weight, and plyometric moves to work your entire body. Great functional fitness with modifications for every level. Weather permitting, sometimes this class is done outside.

**Candlelight Yoga**—Rejuvenating yoga by candlelight for all levels.

**Cardio Mania**—Unleash your body’s potential with an intense class that improve your heart health, increase your muscle strength and burn fat!

**Cardio Mix**—A combination of fun energizing cardio, weights and stretching. Modifications for every age and fitness level.

**Dance 4 Life**—Dance fitness set to songs you know, with easy to follow moves that will leave you ready to take on the day!

**Floor Barre**—Ballet inspired workout that takes the effort of standing out of the equation. It strengthens the body and lengthens muscles, focusing on core and muscles of the lower body.

**Flow Yoga II**—For the experienced participants. All levels shown as needed.

**Group Cycle**—Ride a stationary bike to the beat of awesome music. Definitely intense and fast-paced, but it’s a great low-impact class for any fitness level.

**Kettlebell Interval**—Condition and train your core, lower body & stabilizer muscles. Challenge yourself with cardio, strength and stretching throughout this intense fat burning workout.

**Kickboxing**—Combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

**Line Dancing**—Join us as we “dance in line” with easy to follow steps that will leave your toes tapping and heart singing. A fun filled way to exercise both body and mind.

**Pilates**—a system of physical conditioning involving low-impact exercises and stretches designed to strengthen muscles of the torso.

**SilverSneakers®**—Muscular Strength & Range of Movement—Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activities of daily living. Chair is used for seated and/or standing support.

**SilverSneakers® Circuit**—Build cardiovascular and muscular endurance power with a standing circuit workout. A chair is offered for support, stretching and relaxation exercises.

**Step**—Choreographed routines, utilizing a step platform. Offers a fun and effective workout for all fitness levels. It provides a cardiovascular workout to improve heart and lung health and burns calories for weight loss.

**Total Sculpt**—Total body sculpting class, using weights, resistance tubing and body weight exercises.

**Yoga**—Fluid flowing movements working into each posture & breath, focus is on safety, flexibility, strength & alignment. All levels are welcome.

**XTreme Pump**—Come PUMP IT UP in this class using a variety of resistance equipment (bands and bars) for an overall XTREME strength and toning workout.

**ZUMBA®**—Urban fusion dance fitness class with Latin dance moves with a steady – sweaty pace. Fun for all!!!

**Zumba Toning®**—Those who want to party, but put extra emphasis on toning and sculpting to define those muscles!
**Aqua Aerobic Class Schedule**

**All Aqua Mix classes are 45 mins**

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Aqua Mix 10:30 AM Allison</td>
<td>Aqua Mix 10:30 AM Allison OUTSIDE POOL</td>
<td>Aqua Mix 10:30 AM Cindy</td>
<td>Aqua Mix 10:30 AM Brandy OUTSIDE POOL</td>
<td>Aqua Mix 10:30 AM Allison</td>
<td>Aqua Mix 10:30 AM Cindy</td>
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<tr>
<td>Aqua Mix 5:30 PM Aimee</td>
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<td>Aqua Mix 6:00 PM Yvonne OUTSIDE POOL</td>
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**Lap Swim—Indoor Pool**

Monday–Friday: 5:00am-8:30pm at least 2 lanes
Saturday: 8:00am-5:30pm 2 lanes
Sunday: 1:00pm-5:30pm 2 lanes

Parents are responsible for child’s safety.
If a child cannot swim, then the parent **MUST** stay within arm’s reach of the child.

**All children under 13 will be required to take a swim test.**

Make sure and check in kids at the Welcome Desk to get their wristband for swim!