



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE – Maple Street YMCA

Effective March 31–May 26

Monday–Friday 5:00 am to 10:00 pm

Saturday 7:00 am to 6:00 pm

Sunday 10:00 am to 6:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling (Lanita) 5:30–6:15am <b>CS</b>	BODYATTACK®(Amy) 5:30–6:30am <b>B</b>	BODYPUMP® (Corie) 5:30–6:30am <b>B</b>	Cycling (Janet) 5:30–6:15am <b>CS</b>	BODYPUMP® (Corie) 5:30–6:30am <b>B</b>	BODYATTACK® (Stacy) 7:30–8:30am <b>B</b>
BODYPUMP®(Amy) 5:30–6:30am <b>B</b>			BODYATTACK® (Britany) 5:30–6:30am <b>B</b>		Cycling (Janet) 7:30–8:25am <b>CS</b>
SilverSneakers® Circuit (Sherri) 8:15am–9:00am <b>G</b>	Cycling (Crystal Cr) 9:00–9:45am <b>CS</b>	Step (Marilee) 9:15–10:15am <b>B</b>		SilverSneakers® Circuit (Marilee) 8:15–9:00am <b>G</b>	BODYPUMP® (David) 8:30–9:30am <b>B</b>
Les Mills Tone® (Sherri) 9:15–10:15am <b>B</b>	BODYPUMP® (Amy) 9:15–10:15am <b>B</b>	SilverSneakers® Circuit (Amy) 9:15am–10:00am <b>G</b>	BODYPUMP® (Amy) 9:15–10:15am <b>B</b>	Step Interval (Sherri) 9:15–10:15am <b>B</b>	Aqua Zumba® (rotating) 8:30am–9:15am <b>P</b>
SilverSneakers® Classic (Molly) 9:15 am–10:00 am <b>G</b>	Les Mills Tone® (Marilee) 9:15am–10:15am <b>G</b>	Cycling (Crystal Cr) 9:30–10:15am <b>CS</b>	Les Mills Tone® (Marilee) 9:15am–10:15am <b>G</b>	SilverSneakers® Classic (Marilee) 9:15–10:00am <b>G</b>	Cycling (MJ) 8:35–9:20am <b>CS</b>
Cycling (Stacy) 9:30–10:15am <b>CS</b>	Chair Yoga (Jerry) 9:00–9:45am <b>C</b>		Chair Yoga (Andrea) 9:00–9:45am <b>C</b>	Cycling (Molly) 9:30–10:15am <b>CS</b>	Barre (Kirstin) 9:40–10:25am <b>B</b>
Aquacise (Jennifer K.) Active Older Adults 10:15–11:00am <b>P</b>	Yoga (Andrea) 10:00–11:00 am <b>A</b>	Aquacise (Jerry) Active Older Adults 10:15–11:00am <b>P</b>	PiYo (Andrea) 10:00–11:00 am <b>A</b>	Aquacise (Jennifer K.) Active Older Adults 10:15–11am <b>P</b>	Zumba® (Alethea) 10:30am–11:15am <b>B</b>
BODYPUMP® (Stacy) 10:30–11:30am <b>B</b>	Aquacise (Jen) Active Older Adults 10:15–11:00am <b>P</b>	BODYPUMP® (Marilee) 10:30–11:30 am <b>B</b>	SilverSneakers® Splash (Jen) 10:15–11am <b>P</b>	BODYPUMP® (Marilee) 10:30–11:30am <b>B</b>	
HIIT (Emmy) 12–12:45pm <b>B</b>	ZumbaGold® (Hadeel) 11:30–12:15pm <b>B</b>		ZumbaGold® (Hadeel) 11:30–12:15pm <b>B</b>	Yoga (Molly) 10:30–11:25am <b>A</b>	
			Delay the Disease® (Susie) 1–2pm <b>G</b> Must pre-register	Total Body Conditioning [TBC] (Emmy) 12–12:45 <b>B</b>	
Les Mills Tone® (Marilee) 4:25–5:10pm <b>B</b>		Les Mills Tone® (Susie) 4:30–5:15pm <b>B</b>			<b>SUNDAY</b>
Total Body Conditioning [TBC] (Emmy) 5:20–5:50pm <b>B</b>	BODYPUMP® (Sherri) 5:15–6:15pm <b>B</b>	Barre (Kirstin N) 5:30–6:15pm <b>B</b>	Aqua Zumba® (Amy) 5–5:45pm <b>P</b>	MIXXEDFIT® (Maria) 5:30–6:30pm <b>B</b>	BODYPUMP® (Kirsten) 1–2:00pm <b>B</b>
BODYPUMP® (Janet) 6:15–7:15pm <b>B</b>	Cycling (Lanita) 5:30–6:15pm <b>CS</b>	Circuit (McCall) 6:30–7:15pm <b>B</b>	REFIT® (Bre) 5:45–6:30pm <b>B</b>	Yoga (Pete) 6:30–7:25pm <b>A</b>	MIXXEDFIT® (Maria) 2:05–3:05pm <b>B</b>
Cycling (Pete) 6:30–7:15pm <b>CS</b>	Cardio Intensity (Kirsten) 6:20–7:15pm <b>B</b>	MIXXEDFIT® (Sammie) 7:20–8:15pm <b>B</b>	Cycling (Crystal) 5:30–6:15pm <b>CS</b>		
DanceFit (Linda) 7:20–8:05 pm <b>B</b>	Aqua Interval (Danette) 7:30–8:15pm <b>P</b>		BODYPUMP® (Janet) 6:45–7:45pm <b>B</b>		
Aqua Zumba® (Hadeel) 7:30–8:15pm <b>P</b>					<b>Announcements</b> Schedule Revised 3/29/2019
Yoga (Lindsay) 7:30–8:15pm <b>A</b>					<b>Modified Schedule</b> Memorial Day, May 27th
					Shading denotes new class format/change of instructor/time
A- Studio A	B- Studio B	C- Studio C	CS- Cycling Studio	G-Gym	P-Pool

# Class Descriptions

## AQUA CLASSES

**Aquacise:** This low-impact class emphasizes cardiovascular fitness, muscle endurance, and flexibility at a moderate level. Participants need to be comfortable in the water but will not be working in the deep end.

**Aqua Zumba®:** blends the fun of a Zumba® class with the low-impact environment of the water to create a fun, high-energy class.

**Aqua Interval:** incorporates elements of cardio and strength training. Participants will be encouraged to work at a level that challenges them giving a great workout.

**SilverSneakers® Splash:** Jump in for a fun, shallow-water class that improves agility, flexibility, and endurance. This is a great low-impact option. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

## ACTIVE OLDER ADULT CLASSES

**SilverSneakers® Classic:** Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

**SilverSneakers® Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a SilverSneakers ball for a low-impact aerobics workout. (A chair is used for support.)

**ZumbaGold®:** This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Participants will experience all of the fun of Zumba® at a lower-intensity level.

## CARDIO CLASSES

**BODYATTACK®:** caters to anyone, using instructor-led options. It combines athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. This class is for anyone who wants to feel like an athlete in an awesome team environment.

**LES MILLS TONE®:** is the ultimate fitness combination with three workouts in one: cardio, strength and core training. This class is great for those who are time crunched and looking for an all-in-one workout.

**Cardio Intensity:** This cardio focused class will provide you the opportunity to increase your heart rate and burn calories. Athletic cardio moves that can be modified for any fitness level will let you work at the intensity that is right for you.

**Cycling:** Improve your cardiovascular fitness in this high-energy class. Class can consist of interval work, hill climbs, flat road drills, along with other terrain. All fitness levels welcome, bring a towel and a water bottle.

**Step:** uses a platform bench and choreographed movements on and off of the step to train your cardiovascular system.

**Step Interval:** uses a platform bench and choreographed movements on and off of the step to train your cardiovascular system. Intervals of

strength training are added.

**REFIT®:** This cardio dance structured class uses uplifting music to inspire participants to improve their cardiovascular health and burn calories.

**DanceFit** uses easy to learn dance combinations set to fun music allowing participants to get a great workout.

**Kickboxing:** Kickboxing combines elements of martial arts with athletic drills to create a fun, high-energy workout. This class will leave you feeling sweaty and stronger.

**MixedFit®:** uses current radio hits to inspire fun dance moves combined with boot camp style toning moves to create a great workout.

**Zumba®:** mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Much of the music used in this class is Latin-rhythm inspired.

## MIND BODY CLASSES

**Barre:** Barre is a blend of low impact, high intensity cardio moves and strength training focusing on long, lean muscle building. Inspired by traditional ballet, yoga and Pilates, each class will focus on your core, glutes, thighs and arms. Bare feet or sticky socks are ideal for full extension. Dance experience NOT required.

**Yoga:** In this class the instructor will skillfully and gently guide participants through yoga postures for improved strength, balance and flexibility. Learn how to develop and control breathing through a series of flowing movements designed to strengthen and lengthen the muscles, developing a mind-body connection.

**Pilates:** A conditioning fitness class that focuses on body alignment and breathing. The exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs, and gluteal muscles.

**Chair Yoga:** This class offers the benefits of yoga with the stability of a chair. The focus is on developing strength, flexibility, balance and restoration in a safe guided practice.

## STRENGTH CLASSES

**BODYPUMP®** is designed for all fitness levels. This barbell class delivers real results, real fast. This athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, this class strengthens, tones and defines the body as nothing else can.

## STRENGTH CARDIO COMBO CLASSES

**Circuit:** Cardio Strength Circuit combines upper and lower body strength moves with cardiovascular work to keep your heart rate up. This fun, challenging class is designed for all fitness levels.

**HIIT:** High Intensity Interval Training has participants working through challenging cardio intervals while actively recovering with strength moves.

**Total Body Conditioning (TBC):** Participants can expect intervals of high intensity cardio and strength training to create a fitness training experience. This class will improve participants overall fitness, agility, speed and athleticism in this high intensity class. Modifications can be made for all fitness levels but be prepared to push yourself!