



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE – Maple Street YMCA

Effective January 5th 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP@ (Amy) 5:30-6:30am B	Cycling (Lanita) 5:30-6:15 am CS	BODYPUMP@ (Corie) 5:30-6:30am B	Cycling (Janet) 5:30-6:15am CS	BODYPUMP@ (Amy) 5:30-6:30am B	HIIT (McCall) 7:30-8:15am B
	YOGA (Linda) 5:30 am-6:15 am A	Step (Marilee) 9:15-10:15am B	YOGA (Linda) 5:30 am-6:15 am A		Cycling (Janet) 7:30-8:25am CS
SilverSneakers@ Circuit (Sherri) 8:15am-9:00am G	Active Together (Marilee) 9:15am-10:15am B	SilverSneakers@ Circuit (Amy) 9:15am-10:00am G	Active Together (Marilee) 9:15am-10:15am B	SilverSneakers@ Circuit (Marilee) 8:15-9:00am G	BODYPUMP@ (David) 8:30-9:30am B
Active Together (Sherri) 9:15-10:15am B	Core and More (Emmy) 9:15-10:00 am A	Tai Chi (McCall) 10:15am-11:00am AC		Step Interval (Sherri) 9:15-10:15am B	
SilverSneakers @ Classic (Molly) 9:15-10:00am G	Chair Yoga (Andrea) 9:15-10:00 am C	Cycling (Molly) 9:30-10:15am CS	Chair Yoga (Andrea) 9:15-10:00 am C	SilverSneakers @ Classic (Marilee) 9:15-10:00am G	Cycling (MJ) 8:35-9:20am CS
Cycling (Janet) 9:30-10:15am CS	Power Yoga (Emmy) 10:00-10:45 am A	PIYO (Andrea) 10:00-10:45 am A	Core and More (Emmy) 10:00-10:45 am A	Cycling (Molly) 9:30-10:15am CS	Aqua Zumba (Amy/Marilee) 8:300-9:15 am P
Aquacise (Rotating.) Active Older Adults 10:15-11:00am P	Aquacise (Erin) Active Older Adults 10:15-11:00am P	Aquacise (Jerry) 10:15-11:00am P		Aquacise (Erin) Active Older Adults 10:15-11:00 am P	Circuit (McCall) 9:45-10:30 am B
BODYPUMP@ (Janet) 10:30-11:30am B	ZumbaGold@ (Hadeel) 11:30-12:15pm B	BODYPUMP@ (Marilee) 10:30-11:30 am B	Aquacise (Hiroko) 10:15-11:00 am P	BODYPUMP@ (Marilee) 10:30-11:30am B	Zumba@ (Alethea) 10:30am-11:30am B
Yin YOGA (Andrea) 10:30 am-11:30 am A		REFIT@ (Monica) 12:00-12:45 pm B	ZumbaGold @ (Hadeel) 11:30-12:15pm B	Total Body Conditioning [TBC] (Emmy) 9:30 -10:15am WC	
				Yoga (Molly) 10:30-11:25am A	
	BODYPUMP@ (Sherri) 5:15-6:15pm B	Total Body Conditioning [TBC] (McCall) 5:30-6:00 pm B	Aqua Zumba@ (Amy) 5-5:45pm P		SUNDAY
Total Body Conditioning [TBC] (McCall) 5:30-6:00 pm WC	Aqua Interval (Danette) 5:00-5:45 pm P	Chair Yoga (Jerry) 6:00-6:45 C	REFIT@ (Bre) 5:45-6:30pm B	Aqua Interval (Rotating) 5:00-5:45 pm P	BODYPUMP@ (Kirsten) 1:00-2:00pm B
BODYPUMP@ (Janet) 6:15-7:15pm B	Cycling (Lanita) 5:30-6:15 pm CS	Circuit (McCall) 6:30-7:15pm B	Cycling (Crystal) 5:30-6:15pm CS	MIXXEDFIT@ (Sammie) 6:30-7:15pm B	DanceFit (Maria) 2:05-3:05pm B
Cycling (Pete) 6:30-7:15pm CS	Cardio Intensity (Kirsten) 6:20-7:15pm B	MIXXEDFIT@ (Sammie) 7:20-8:15pm B	BODYPUMP@ (Janet) 6:45-7:45pm B	Yoga (Pete) 6:30-7:25pm A	
DanceFit (Linda) 7:20-8:05 pm B		Aqua Interval (Emily) 7:30-8:15pm P			
Aqua Zumba@ (Hadeel) 7:30-8:15pm P					
	B- Studio B		CS- Cycling Studio		Shading denotes new class format/change of instructor/time
A- Studio A	AC-Activities Center	C- Studio C	WC-Wellness Center	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

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

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.

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.

Yin Yoga: Yin Yoga is a slow-paced approach practice where poses are held for a longer period of time in a relaxed manner, 45 seconds up to 3 minutes or more. There are around 20 classical poses (+ variations) in the Yin yoga repertoire which might appear easy at first glance, the challenge remains in keeping stationary while cultivating stillness. Utilizes props to assist the practitioner find comfort and calm in the posture.

Core and More: In this class you will focus on core strengthening exercises for abdominal and back muscles to improve posture and assist with improved functioning for a healthy lifestyle.

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.

Tai Chi: This class improves strength, balance, coordination and flexibility through a series of continuous flowing movements modified from traditional Tai Chi.

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!

ACTIVE TOGETHER is an innovative 60-minute workout that improves cardiovascular fitness, builds total body strength and enhances movement health for daily life. Inspiring music and supportive coaching will insure you succeed with simple, athletic exercises that use dumbbells, bodyweight, and The STEP™.