



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EX—VIGO COUNTY YMCA

September 1st– October 31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am–8:00am Body Pump Linda (Studio 1)					
			8:30a–9:15am Zumba Veronica (Studio 1)		
8:30a–9:15a Cardio Kickboxing Andrea (Studio 1)	8:30a–9:15a Spin Andrea (Studio 2)	8:30a Refit Shayla (Studio 1)	8:30a–9:15a Spin Andrea (Studio 2)	8:30a–9:30a Refit Shayla (Studio 1)	8:00a–9:00a Spin Mel (Studio 2)
9:30a–10:30 Pilates Andrea (Studio 1)	9:30a–10:15a Muscle Fusion Andrea (Studio 1)	9:30a–10:15a Strength Macey (Studio 1)	9:30a–10:15a Muscle Fusion Andrea (Studio 1)	9:30a–10:30a Pilates Andrea (Studio 1)	9:00a–10:00a Body Pump Instructors vary (Studio 1)
	10:00a–11:00a Silver Sneakers Veronica (Gym)		10:00a–11:00a Silver Sneakers Veronica (Gym)		
10:45a–11:45a Body Pump Sheila (Studio 1)	10:30a–11:15a Strength Yoga Andrea (Studio 1)		10:30a–11:15a Strength Yoga Andrea (Studio 1)		
12:15p–1:00p Relax and Reset Yoga Jaci (Studio 1)		12:15p–1:00p Fusion Yoga Julie (Studio 1)		12:15p–1:00p Body Pump Sheila (Studio 1)	
	5:15pm–6:00pm RPM Mel (Studio 2)	5:15pm–6:00pm RPM Katie (Studio 2)			
5:30p–6:15p Zumba Veronica (Studio 1)	5:30p–6:30p Pump up the Jam Stephanie (Studio 1)	5:00pm–5:45pm Box and Burn Jaycie (Studio 1)	5:30p–6:30p Rev Pump Stephanie (Studio 1)		
6:30p–7:15p Body Pump Veronica (Studio 1)		6:00p–7:00p Body Pump Michelle (Studio 1)			

Beginner Dance and Stretch: What a fun way to burn calories and gain flexibility? If so this is for you! This class is great for anybody!

Body Pump: A fast-paced, barbell based workout that's specifically designed to help you get lean, toned and fit.

Box and Burn: This 45 minute class will keep you wanting more in all different ways from boxing basics, kickboxing, and a dance cardio mix.

Cardio kickboxing: A fun 45 minutes class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike!

Fusion Yoga: It's a blend of Yin Yoga (stretch poses held for 3-5 min) and Vinyasa yoga (a gentle flow moving slowly with breath work). This class is for all levels of yogis, including beginners!

Muscle Fusion: This 45 minute class will always have you on your toes. You will be using weights, a barbell, stability ball and more. All levels are welcome.

Pilates: This 45 minute class concentrates on strengthening the body with an emphasis on your posture, balance, and flexibility.

Pump up the Jam: This 45 minute class will keep you wanting more in all different ways from boxing basics, kickboxing, and a dance cardio mix.

REFIT®: A cardio dance fitness class that focuses on the heart as both a muscle and a soul. Using heart thumping music with positive lyrics, our routines are designed with both fitness enthusiasts and beginners in mind. In this fitness community, YOU are welcome and totally worth the workout.

Relax and Reset Yoga: Weather you're on your lunch break or just stopping in, this class offers a chance to take a breath and reset before taking on the rest of your day or week!

Rev Pump: is a barbell-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

RPM: is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

Silver Sneakers: Increase muscle strength and range of movement and improve activities for daily living. You will have a chair for seated exercises and standing support, and your instructor will give modifications for every fitness level.

Strength: A full-body workout using weight plates, barbells, dumbbells, and steps!

Strength Yoga: A faster –paced style of yoga that's focused on building strength and endurance.

Spin: This class is designed to use power to strengthen the body and the mind. You will be challenged with high resistance hill climbs that will tone your muscles and sprints that will make your heart pump! You

Zumba: Zumba fuses international rhythms with easy-to-follow dance moves. The result equals a fun and effective