



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EX—VIGO COUNTY YMCA

March 1– April 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-8:00am <b>Body Pump</b> Linda (Studio 1)					
			8:30a-9:15am <b>Zumba</b> Veronica (Studio 1)		
8:30a-9:15a <b>Cardio Kickboxing</b> Andrea (Studio 1)	8:30a-9:15a <b>Spin</b> Andrea (Studio 2)	8:30a-9:15am <b>Refit</b> Shayla (Studio 1)	8:30a-9:15a <b>Spin</b> Andrea (Studio 2)	8:30a-9:30a <b>Designed to Move</b> Carrie (Studio 1)	8:00a-9:00a <b>RPM</b> Mel (Studio 2)
9:30a-10:15a <b>Pilates</b> Andrea (Studio 1)	9:30a-10:15a <b>Muscle Fusion</b> Andrea (Studio 1)	9:30a-10:15a <b>Strength</b> Macey/ Carrie (Studio 1)	9:30a-10:15a <b>Muscle Fusion</b> Andrea (Studio 1)	9:30a-10:15 <b>Pilates</b> Andrea (Studio 1)	9:00a-10:00a <b>Body Pump</b> Instructors vary (Studio 1)
10:30a-11:30a <b>Rhythm &amp; Relaxation</b> Krisi (Studio 1)	10:00a-11:00a <b>Silver Sneakers</b> Veronica (Gym)		10:00a-11:00a <b>Silver Sneakers</b> Veronica (Gym)	10:30a-11:15a <b>Senior Strength</b> Jaycie (Studio 1)	10:15a-11:00a <b>Body Balance</b> Jenny (studio 1)
	10:30a-11:15a <b>Strength Yoga</b> Andrea (Studio 1)	10:30-11:15 <b>Senior Tabata</b> Sheila (Studio 1)	10:30a-11:15a <b>Strength Yoga</b> Andrea (Studio 1)		
1:00p-2:00p <b>Silver Sneakers</b> Krisi (Studio 1)		12:15p-1:00p <b>Fusion Yoga</b> Julie (Studio 1)			
4:30p-5:15p <b>Body Balance</b> Jenny (Studio 1)	4:30p-5:15p <b>Yoga-Pilates Fusion</b> Jennifer (Studio 1)		4:30p-5:15p <b>Yoga-Pilates</b> Jennifer (Studio 1)		
	5:15p-6:00p <b>RPM</b> Mel (Studio 2)	5:00p-5:45p <b>Body Burn</b> Jaycie (Studio 1)	5:15p-6:00p <b>RPM</b> Mel (Studio 2)		
5:30p-6:15p <b>Zumba</b> Veronica (Studio 1)	5:30p-6:30p <b>Pump up the Jam</b> Carrie (Studio 1)		5:30p-6:30p <b>Body Pump</b> Jennifer (Studio 1)		
6:30p-7:15p <b>Body Pump</b> Veronica (Studio 1)		6:00p-7:00p <b>Body Pump</b> Michelle (Studio 1)			

**Body Balance:** Ideal for anyone and everyone, BODYBALANCE is a **new generation yoga class** that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

**Body Burn:** 45 minutes of strength training and dance cardio combo designed to get your heart rate up and your muscles growing.

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

**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!

**Designed to Move:** This high energy class will have you moving from dance, kickboxing, toning, and the exciting addition of powerful drum fitness routines– you'll leave class feeling free-body. Mind, and spirit.

**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.

**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.

**Rhythm and Relaxation:** A 60 minute class combining 30 minutes of seated drumming to elevate your heart rate with 30 minutes of chair yoga for gentle stretching and relaxation. Designed for all fitness levels, this faith– centered workout nurtures both body and spirit.

**Senior Tabata:** Low impact with upper body and strength workout. This class is suitable for nearly every fitness level and exercise depending on your skill level.

**Senior Strength:** for those interested in getting stronger, Focusing on weightlifting and form. Not for the brand new to lifting seniors, as this class is a bit more advanced.

**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!

**Yoga-Pilates Fusion:** This 45– minute Yoga– Pilates Fusion class combines the mindful stretching and balance of yoga with the core– strengthening and muscle– toning benefits of Pilates. Perfect for all levels, it offers a full– body workout that improves flexibility, stability, and strength.

**Zumba:** Zumba fuses international rhythms with easy-to-follow dance moves. The result equals a fun and effective fitness class that feels more like a night out dancing than a workout at the gym. Party yourself into shape!