



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

GROUP EX—VIGO COUNTY YMCA

May 1st– June 30th

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--|
| 7:00a–8:00a Body Pump Linda (Studio 1) | | | | | |
| | | | 8:30a–9:15a Zumba Veronica (Studio 1) | | |
| 8:30a–9:15a Cardio Kickboxing Andrea (Studio 1) | 8:30a–9:15a Spin Andrea (Studio 2) | 8:30a–9:15a Refit Shayla (Studio 1) | 8:30a–9:15a Spin Andrea (Studio 2) | 8:30a–9:15a Billboard's and Barbells Jennifer (Studio 1) | 8:00a–9:00a RPM Mel (Studio 2) |
| 9:30a–10:15a Pilates Andrea (Studio 1) | 9:30a–10:15a Muscle Fusion Andrea (Studio 1) | 9:30a–10:15a Body Pump Sheila (Studio 1) | 9:30a–10:15a Muscle Fusion Andrea (Studio 1) | 9:30a–10:15a 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) | 10:30a–11:15a Senior Strength Jaycie (Studio 1) | 10:15a–11:00a Body Balance Jenny (Studio 1) |
| 10:30a–11:30a Rhythm & Relaxation Krisi (Studio 1) | 10:30a–11:15a Strength Yoga Andrea (Studio 1) | 10:30a–11:15a Senior Tabata Sheila (Studio 1) | 10:30a–11:15a Strength Yoga Andrea (Studio 1) | | |
| 12:00p–12:30p Stop, Drop, and Flow Krisi (Studio 1) | | 12:15p–1:00p Focus Yoga Julie (Studio 1) | | | |
| 1:00p–2:00p Silver Sneakers Krisi (Studio 1) | | | | | |
| | | | | | |
| 4:30p–5:15p Body Balance Jenny (Studio 1) | 4:30p–5:15p Yoga-Pilates Fusion Jennifer (Studio 1) | | 4:30p–5:15p Yoga-Pilates Jennifer (Studio 1) | | |
| | 5:15p–6:00p RPM Mel (Studio 2) | | 5:15p–6:00p RPM Mel (Studio 2) | | |
| 5:30p–6:15p Zumba Veronica (Studio 1) | 5:30p–6:30p Pump up the Jam Stephanie (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) | | | |

Billboard's and Barbell's: is a high-energy cardio and strength class where the beats of top billboard hits drive every lift, squat, and sweat session. Get stronger, burn calories, and move to the rhythm that keeps you going!

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 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!

Focus Yoga: Join us for Focus Yoga, a welcoming, all-levels class where each month we concentrate on a different area of the body to build strength, flexibility, and awareness. Whether you're new to yoga or experienced, you'll enjoy a fresh focus each month.

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.

Stop, Drop, and Flow: Take a mid-day break with *Stop, Drop & Flow*, a 30-minute lunchtime class that combines 15 minutes of core-focused work with 15 minutes of mat-based yoga to reset your body and mind. Perfect for all levels and a great way to energize your afternoon!

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!