



GET FIT TOGETHER

GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEET OUR TEAM



Amber Christensen
Group Fitness Coordinator

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOT CAMP 5:30am - 6:15am Starts Sep 19th		BOOT CAMP 5:30am - 6:15am Starts Sep 19th		BOOT CAMP 5:30am - 6:15am Starts Sep 19th		
H2O Aerobics 8:00am - 9:00am	H2O Aerobics 8:00am - 9:00am	Cycling 6:00am - 6:45am Community Room	H2O Silver Sneakers 8:00am - 9:00am	ZUMBA 8:30am - 9:30am Gym 3		
ZUMBA 9:00am - 10:00am Gym 3	TONING 9:00am - 10:00am Gym 3	H2O Aerobics 8:00am - 9:00am	TONING 9:00am - 10:00am Gym 3	Chair/Mat Yoga 8:30am - 9:30am Community Room	Hi Impact Energy Water Class 10:00am - 11:00am	
SILVER SNEAKERS 8:30am - 9:30am Community Room		STRONG NATION 9:00am - 10:00am Gym 3		All-Level Yoga 9:30am - 10:30am Community Room		
H2O Aerobics 10:30am - 11:30am Starts Sep 12th	HIIT 12:00pm - 12:30pm Gym 3	SILVER SNEAKERS 8:30am - 9:30am Community Room	HIIT 12:00pm - 12:30pm Gym 3	H2O Aerobics 10:30am - 11:30am	Specialty Classes These classes are NOT part of membership plans and must be paid in advance	
LUNCH CRUNCH 12:00pm - 12:30pm Gym 3		H2O Aerobics 10:30am - 11:30am Starts Sep 12th		LUNCH CRUNCH 12:00pm - 12:30pm Gym 3	<ul style="list-style-type: none"> (if applicable) Lap Swim will be available during water classes. 	
Build N' Burn 5:30pm - 6:15pm Community Room	HIGH IMPACT CLASS 6:00pm - 7:00pm Community Room	LUNCH CRUNCH 12:00pm - 12:30pm Gym 3			<p>CURLS FOR THE GIRL'S FITNESS FUNDRAISER OCTOBER 8, 2022 9:00 AM - 10:30 AM #WEARPINK</p>	
Yoga Stretch & Restore 6:30pm - 7:30pm Community Room		Cycling 5:30pm - 6:00pm Community Room	TABATA 5:30pm - 6:30pm Community Room			
		TONE & SCULPT 45 6:15pm - 7:00pm Community Room	ZUMBA 6:45pm - 7:45am Starting Aug 25th This class will be held for 6 weeks			

Dont forget write down your miles at the Welcome Center for the Y We Walk Club

GROUP FITNESS POLICIES

- Members, age 13+ may participate in all group exercise classes.
- Members aged 8 - 12 may participate in classes only with instructor approval and if they are accompanied by an adult (18+) who is participating in the class.
- T-shirts, shorts, sweat pants, tights, leotards, socks, and closed-toe athletic shoes are acceptable.
- No street clothes - including jeans, sandals, or swimsuits are allowed in floor exercise classes.
- Water fitness class participants must wear lined swim trunks or swimsuits. Cotton clothing is not allowed.

Classes are subject to change with little to no notice. Stay up to date with schedule changes and more by signing up for information by text. Text @saymca4 to 81010.

Child Watch Hours of Operation

Monday - Friday

8am - 1pm

5pm - 8pm

Saturday

9am - 1pm

Child watch is offered for free to members with a Family or Single Parent Family membership. Child watch can be purchased for a fee of \$2 per child for 2hrs

RESPECT EACH OTHER, BUILD RELATIONSHIPS AND IMPROVE YOUR HEALTH WHILE HAVING FUN!



Group Fitness Class Descriptions

Build N Burn:

This class offers an intense workout, combining total body strength training with weights and cardio.

Chair/Mat Yoga:

This chair yoga practice is focused and fun. We will enjoy stretching, strength, and movement for muscles that need some assistance.

Cycling:

Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

High Impact Class:

This class uses your body weight to help build endurance, agility and strengthen your core.

HIIT:

High-intensity interval training takes your cardio workout to another level. This class will get you a full-body workout in 30-mins.

PiYo Live:

Combines the muscle-sculpting, and core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Improve your flexibility, balance, and core power with this intense, low-impact workout that will burn crazy calories and sculpt every inch of your body for a long, lean, and beautiful physique.

Silver Sneakers@:

Muscular strength & range of movement. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity of daily living skills.

STRONG Nation™:

Combines high-intensity interval training (HITT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Tabata:

Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

Tone and sculpt 45:

designed for all fitness levels and focuses on defining and activating deconditioned muscle groups using a variety of modalities while limiting impact to joints, all within 45 minutes.

Toning:

This class utilizes strength training exercises aiming at developing a physique with a large emphasis on strength and muscle toning. With the use of light weights (1lbs - 3lbs.) this class will give your body a noticeable muscle definition and shape.

Y WE Walk Club:

The walking club is designed for the community to come together to achieve healthy living. The designated time is when most will meet but is not a requirement. The Welcome Center will have a logbook for participants to sign in and track their miles.

Yoga Stretch & Restore

Tight muscles can cause imbalance and pull the body out of alignment. This Yoga class is designed to release deep layers of tension stored in the physical and energetic body. This is a great class for All levels of students.

All-Level Yoga:

This is an energetic class where movements are connected to each other in a flowing manner. You will be led through a variety of standing and seated poses using the breath to flow with ease from one pose to the next. The instructor will also help you move at your own pace and challenge yourself while enjoying each movement.

Zumba@:

Dance your way to a fitter you with exciting and unique Latin moves and rhythms!

Water Aerobic Classes

Aqua Tabata:

HIIT movements that are adapted to water creating a workout that gives you resistance and cardio.

H2O Aerobics:

Low-impact is performed in the water to induce strength and muscle gains. With added equipment like paddles, noodles, and kickboards. Ideal class for those with arthritis, back problems, foot or leg injuries, and knee conditions will benefit from the reduced impact this class has to offer.