



Genesee County YMCA

# GROUP EXERCISE SCHEDULE

Summer Session II: July 31st – September 2nd, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Interval/Sculpt</b> 5:40-6:30 AM Marianne Group Ex Room	<b>Group Cycling</b> 6:00-6:45 AM Carol V. Multi-Purpose Room	<b>Group Cycling</b> 5:45-6:30 AM Marianne Multi-Purpose Room	<b>Group Cycling</b> 6:00-6:45 AM Carol V. Multi-Purpose Room	<b>Interval</b> 5:40-6:30 AM Michelle B. Group Ex Room	<b>Turbo Kick®</b> 8:00-9:00 AM Danny Group Ex Room
		<b>Interval Bootcamp / Cycle</b> 8:30-9:30 AM Jeanne Multi-Purpose Room	<b>Interval/Sculpt</b> 6:00-7:00 AM Amy Group Ex Room	<b>Interval Bootcamp</b> 8:30-9:30 AM Christina Multi-Purpose Room		<b>Group Cycling</b> 8:30-9:30 AM Rotating Instructor Multi-Purpose Room
	<b>Interval Bootcamp</b> 8:30-9:30 AM Christina Multi-Purpose Room		<b>Interval Bootcamp / Barre</b> 8:30-9:30 AM Jeanne Multi-Purpose Room		<b>Interval Bootcamp</b> 8:30-9:30 AM Christina Multi-Purpose Room	
	<b>ZUMBA®</b> 8:30-9:30 AM Carol L. Group Ex Room	<b>SILVER&amp;FIT®</b> <small>EXPERIENCE</small> 8:35-9:35 AM Becky Group Ex Room	<b>ZUMBA Gold®</b> <small>ENDORSED PROGRAM</small> 8:30-9:30 AM Becky Group Ex Room	<b>Silver Sneakers® Cardio</b> 8:35-9:35 AM Becky Group Ex Room	<b>ZUMBA®</b> 8:30-9:30 AM Carol L. Group Ex Room	<b>Athletic Aesthetics</b> 9:15-10:15 AM Kevin Group Ex Room
	<b>Pilates – All Levels</b> 9:35-10:35 AM Becky Multi-Purpose Room		<b>Pilates – All Levels</b> 9:35-10:35 AM Becky Multi-Purpose Room			
	<b>Ageless Fitness</b> 9:45-10:45 AM Mary Group Ex Room	<b>Ageless Fitness</b> 9:45-10:45 AM Jeanne Group Ex Room	<b>Ageless Fitness</b> 9:45-10:45 AM Jeanne Group Ex Room	<b>Ageless Fitness</b> 9:45-10:45 AM Jeanne Group Ex Room	<b>Ageless Fitness</b> 9:45-10:45 AM Mary Group Ex Room	<b>ZUMBA®</b> 10:30-11:30AM Heather Group Ex Room
	<b>Silver Sneakers® Classic</b> 11:00-12:00 PM Nancy Group Ex Room		<b>Silver Sneakers® Classic*</b> 11:00-12:00 PM Mary Group Ex Room		<b>Tai Chi</b> 10:00 – 10:45AM Nancy / Lilo Multi-Purpose Room	
	<b>Chair Yoga</b> 12:05-1:05 PM Nancy Multi-Purpose Room		<b>Chair Yoga</b> 12:05-1:05 PM Nancy Multi-Purpose Room		<b>Silver Sneakers® Classic</b> 11:00 AM-12PM Mary Group Ex Room	
		<b>Relaxation Yoga</b> 5:00-5:45PM Jenna Multi-Purpose Room		<b>Relaxation Yoga</b> 5:00-5:45PM Jenna Multi-Purpose Room		
	<b>Pilates – Advanced**</b> 5:00-5:55 PM Nancy Multi-Purpose Room	<b>Group Cycling</b> 6:00-6:45 PM Nina Multi-Purpose Room	<b>Pilates – Advanced**</b> 5:00-5:55 PM Lori Multi-Purpose Room	<b>Group Cycling</b> 6:00-6:45 PM Nina Multi-Purpose Room		
	<b>Pilates – Beginner**</b> 6:05-7:00 PM Lori Multi-Purpose Room	<b>Abs Class</b> 6:00– 6:30PM Lisa Group Ex Room	<b>Pilates – Beginner**</b> 6:05-7:00 PM Lori Multi-Purpose Room	<b>Abs Class</b> 6:00pm – 6:30PM Lisa Group Ex Room		
	<b>Kickbox Cardio</b> 6:00 – 7:00 PM Valerie Group Ex Room	<b>ZUMBA®</b> 6:30-7:30 PM Amy Group Ex Room	<b>Kickbox Cardio</b> 6:00 – 7:00 PM Valerie Group Ex Room	<b>ZUMBA®</b> 6:30-7:30 PM Heather Group Ex Room		

Schedule Subject to change without notice

**Class Etiquette:** Make friends, but be courteous to instructors and other participants by chatting before or after class and not during the workout. Always wear clean, dry footwear appropriate for the class you are taking. Have fun and enjoy!

## **Class Descriptions**

### **Cardio**

**GROUP CYCLING**: An instructor led workout on a specialty designed Trixter® stationery bike. This high energy class is low impact; you control the intensity of each class by modifying resistance and body positions.

**KICKBOX Cardio**: This high intensity dynamic class delivers aggressive kicks, controlled jabs and punches with cardiovascular boxing drills. This 60 minute class is designed to provide an excellent upper and lower body workout using motivating music.

**TURBO KICK®**: Cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes.

**ZUMBA®**: A fusion of Latin and International music themes that create a dynamic, exciting and effective fitness workout. A combination of fast and slow rhythms tone and sculpt the body and burn calories the fun way!

**ZUMBA® GOLD**: Instructors take the ZUMBA® formula & modify the moves & pacing to suit the needs of active older participants, as well as those just starting their journey to a fit & healthy life style.

### **Interval**

**INTERVAL/SCULPT**: This class will involve intervals of stepping, agility and kickboxing. The main focus is to enhance your cardiovascular system with cross-training intervals to work your entire body.

**INTERVAL BOOTCAMP**: Energetic, high energy cardio & strength class to challenge you for your fitness goals. Class outline based on Instructors design. (Elements of Abs, Cycling and Barre may be added)

### **Mind/Body**

**PILATES - ALL LEVELS**: This class will strengthen the body's core muscles including the abs and lower back and will tone the body and increase flexibility. The class is taught on a mat.

**PILATES - ADVANCED**: This advanced class will strengthen the body's core muscles including the abs and lower back and will tone the body and increase flexibility. Use of stability ball, tubing and weights increase the intensity level.

**RELAXATION YOGA - ALL LEVELS**: The primary focus is to achieve relaxation through a series of poses and breathing techniques. Whether you are a beginner, more advanced Yogi, or somewhere in between, you will walk away from this class with not only increased range of motion, increased strength, but also a relaxed and destressed soul.

**TAI CHI & CHAIR YOGA STRETCH**: 30 minutes of gentle Tai Chi Chih & 30 minutes of chair based Yoga Stretch. Designed to increase flexibility, balance & range of movement. Promotes stress reduction & improves mental clarity

### **Strength**

**ABS CLASS**: A fun packed 30 minutes designed to tone, build and strengthen the abdominal muscles.

**AGELESS FITNESS**: Multi-level exercises that includes a variety of exercises and equipment. Friendly atmosphere appropriate for every level of fitness. Ideal warm-up before and stretching at the end of each class.

**ATHLETIC AESTHETICS**: A class designed for a head-to-toe workout. You move and challenge yourself at your own pace with new exercises you may not have tried or seen before!

**SILVER & FIT EXPERIENCE**: The class is designed to increase flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength & cardiovascular endurance.

**SILVER SNEAKERS ® CLASSIC**: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for balance.

**Class Etiquette**: Make friends, but be courteous to instructors and other participants by chatting before or after class and not during the workout. Always wear clean, dry footwear appropriate for the class you are taking. Have fun and enjoy!