



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

BLOOMINGTON NORMAL YMCA

AEROBICS STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30am Power Pacing Tim (b,f)	5:45-6:30am Boot Camp Marlene (b,f)	5:45-6:30am Power Pacing Tim (b,f)	5:45-6:30am Boot Camp Marlene (b,f)			
9:15-10:00am Silver Sneakers Sue (s,b)	9:15-10:00am Yoga Stretch Elizabeth (s,b)	9:15-10:00am Silver Sneakers Sue (s,b)	9:15-10:00am Zumba Gold Lucy (s,b)	9:15-10:00am Silver Sneakers Sue (s,b)	9:00-10:00am Cardio Jam Byron (b,i)	
	10:00-10:45am Zumba Gold Nancy/Lynn (s,b)				10:00-11:00am Total Muscle Conditioning Sarah (b,i)	
12:00-12:45pm Cardio Condition Diann (b,i)	12:00-12:45pm Total Strength Joe (b,i)	12:00-1:00pm Tai Ji Wayne (s,b,f)	12:00-12:45pm Cardio Condition Diann (b,i)	12:00-12:45pm Total Strength Joe (b,i)		11:30 – 12:15 Sunday Funday Marlene (b,i)
4:15-5:15pm Body Sculpt Shari (b,i,f)	4:00-4:55pm Kickboxing Tanya (b,i,f)	4:15-5:15pm Body Sculpt Shari (b,i,f)	4:00-4:55pm Kickboxing Tanya (b,i,f)			4:00-5:00pm Pilates Tanya (b,i)
5:25-6:25pm High Intensity Interval Training Marlene (i,f)	5:00-5:45pm Pilates Tanya (b,f)	5:25-6:15pm Step Marlene (i,f)	5:00-5:45pm Pilates Tanya (b,f)	5:30-6:30pm Zumba Shannon (b,f)		
6:30-7:30pm Zumba Shannon (b,f)		6:30-7:30pm Cardio Jam Byron (b,i)	6:30-7:30pm Zumba Shannon (b,f)			

MIND BODY STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-1:00pm Beginning Yoga Erin (b,i)		12:00-1:00pm Beginning Yoga Erin (b,i)		12:00-1:00pm Beginning Yoga Erin (b,i)		
	6:00-7:00pm Fitness Yoga Sarah (b,i)		6:00-7:00pm Fitness Yoga Sarah (b,i)			

MARTIAL ARTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:30pm Judo Studio 3 Brian	7:00-8:30pm Tae Kwon Do Jason Studio 3	7:00-8:30pm Judo Studio 3 Brian	7:00-8:30pm Tae Kwon Do Jason Studio 3		7:00-8:30pm Judo Studio 3 Brian	

CHILDCARE HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 pm-7:30 pm	4:00 pm-7:30 pm	4:00 pm-7:30 pm	4:00 pm-7:30 pm	4:00 pm-7:30 pm	8:00 am-12:00pm	

Key: (s) special needs, (b) beginners, (i) intermediate, (a) advanced, (f) family-friendly; kids 13 & up may attend with parent/guardian

Updated 1/10/2012



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GROUP EXERCISE CLASS DESCRIPTIONS

BODY SCULPT is a 55 minute class utilizing resistance training techniques to educate participants on the benefits of building lean muscle mass. Body Sculpt provides a full body workout by balancing and strengthening muscles to increase efficiency in daily activities. Beginners welcome.

CARDIO CONDITIONING This class is an aerobic workout combining cardio with toning. Reshaping your body with the cardiovascular benefit of fat burning and body sculpting exercises.

CARDIO JAM is a fun and exciting combination of dance moves that will leave you working hard while you are having fun. Great music and a fun environment. Beginners welcome.

BEGINNING YOGA is an introduction to the fundamentals of body alignment through the ancient practice of asana and breath awareness. Held in the quiet, restful Mind-Body Studio, each class will explore a variety of poses, modifications, contraindications, and the use of props. Beginners and special needs welcome!

FITNESS YOGA This class integrates both mind and body through yoga poses with a focus on strength, conditioning, and flexibility.

HIGH INTENSITY INTERVAL TRAINING (HIIT) is an exercise strategy that is intended to improve performance with short training sessions. HIIT is a form of cardiovascular exercise which is beneficial to burning fat in a short and intense workout. Exercises will include dumb bells, barbells, medicine balls, BOSU, jump rope and one's body weight.

KICKBOXING is high intensity aerobic training through choreographed boxing techniques and low coordination aerobic intervals. Kickboxing provides cardiovascular endurance, upper and lower body strengthening and increased flexibility. Prior fitness experience suggested.

PILATES focuses on core stability, lengthening and strengthening. Low-impact, easily modified moves encourage beginners and exercisers with special needs. Advanced exercisers will be challenged when moves are modified. No matter your age, gender or exercise history, PILATES will compliment your health and fitness goals.

POWER PACING is an instructor-led group cycling class promoting cardiovascular training at your own pace. This class provides group motivation while allowing individual progression. Beginners welcome.

MUSCLE CONDITIONING This class will be using weights, bands and more to target all major muscle groups. Muscle conditioning is an important component of fitness; this class is great for all fitness levels.

SILVER SNEAKERS MSROM Have fun and move to 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 seated and/or standing support. Beginners and special needs welcome.

STEP BOOT a mix of Boot Camp instruction where participants use bodyweight exercises and traditional Step aerobics. This class will offer a unique challenge that will be fun and invigorating. Beginners welcome.

SUNDAY FUNDAY a combination of any of the following: Hula hooping, Running, i.e. sprints, stairs (at one's own pace), Jump rope, Plyometrics, Step (128-145bpm), Weight training, Boot Camp, "Traditional" line dances

TAI JI focuses on balance and strength. This class teaches principals for health, fitness and overall well-being. Learn to develop a strong relationship between mind and body via smooth, controlled transitions from one balanced position to the next. Beginners welcome.

TOTAL BODY STRENGTH is a class that will focus on strength development. It was proven long ago that strength training will burn more calories than a typical cardio session. Strong and tone muscles burn calories all day long, so get off the treadmill and get into this strength class to change your body.

ZUMBA combines high energy and motivating music with unique moves and combinations. Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system. Zumba utilizes the principles of fitness interval and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy-to-follow dance steps. Beginners welcome.

ZUMBA GOLD is an adapted version of Zumba that combines music with controlled moves and simple combinations. It is designed for the senior citizen population and it is sure to get the body moving. Beginners welcome.