

GROUP EXERCISE

BLOOMINGTON NORMAL YMCA

Effective December 1st, 2017



Group Exercise Room

**COMING 2018
New Year
New Names
Same Class!**

Strength Train Together

Defend Together

Cardio Step Together

Core Focus Together

Active Together

Balance and Flex Together

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<small>GROUP</small> CORE 5:10-5:40am		<small>GROUP</small> CORE 5:10-5:40am	<small>GROUP</small> CORE 5:10-5:40am		
	5:45-6:30am Fitness Yoga Lindsay	5:45-6:30am Ultimate Workout Marlene	<small>GROUP</small> POWER 5:30-6:30am Erin/Quentin	5:45-6:30am Ultimate Workout Marlene	5:45-6:15am Fierce Fitness Lindsay		
	8:00-8:45am Silver Sneakers		8:00-8:45am Silver Sneakers	8:00-8:45a Gentle Yoga Hannah	8:00-8:45am Silver Sneakers	<small>GROUP</small> fight 8:00a-9:00a Nicolette	
	9:10-9:55am Silver Sneakers Sue	9:15-10am Silver Sneakers YOGA Elizabeth	9:10-9:55am Silver Sneakers Sue	<small>GROUP</small> ACTIVE 9:15-10:15AM Sara	9:10-9:55am Silver Sneakers Sue	9:00-10:00am Saturday Shake Up Varies	
	<small>GROUP</small> fight 10:00-11:00a Katie	<small>GROUP</small> CENTERGY 10:15-11:15am Deanna	<small>GROUP</small> POWER 10:00am-11am Deanna/Katie	<small>GROUP</small> CENTERGY 10:15-11:15am Nicolette	<small>GROUP</small> BLAST 10:00-11:00am Nicolette	10:10-11am Ultimate Workout Marlene	
	<small>GROUP</small> CORE 11:30-12:00p Marsha				<small>GROUP</small> CORE 11:30-12:00pm Marsha	11:15-12:15pm WERQ Oric	
	<small>GROUP</small> POWER 12:00-1:00pm Marsha		<small>GROUP</small> CENTERGY 12:00-1:00pm Marsha/Nicolette		<small>GROUP</small> POWER 12:00-1:00pm Marsha		<small>GROUP</small> BLAST 2:00-2:55pm Erin
	4:15-5:00pm TRX YOGA Hannah	4:15-5:00pm Push, Pull, Move Marsha	4:15-5:00pm TRX YOGA Hannah	4:15-5:00pm Push, Pull, Move Marsha	<small>GROUP</small> POWER 4:30-5:25pm Mandy		<small>GROUP</small> CENTERGY 3:00-3:55pm Erin
	5:00-5:30pm <small>GROUP</small> CORE Marybeth	<small>GROUP</small> ACTIVE 5:15-6:15pm Cassie	<small>GROUP</small> fight 5:30-6:30pm Varies	5:15-6:00pm Kettlebells Marlene	5:30-6:30pm Zumba Shannon		
	<small>GROUP</small> POWER Holly	<small>GROUP</small> BLAST 6:15-7:15pm Nicolette		<small>GROUP</small> CORE 6:00-6:30pm Varies			
	6:35-7:30pm Zumba Shannon		6:35-7:20pm Cardio Remix Nikita	<small>GROUP</small> ACTIVE 6:30-7:30p Marybeth			
		6:05-7:00pm Fitness Yoga Lindsay	<small>GROUP</small> CENTERGY 5:30-6:25pm Marybeth	<small>GROUP</small> CENTERGY 5:30-6:30pm Erin			

Shake up your workout routine with different workouts each Saturday!! See back for info.

KID CARE HOURS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00-11:00 am 4:00 pm-8:00pm	9:00-11:00am 4:00pm-8:00pm	9:00-11:00 am 4:00pm-8:00pm	9:00-11:00am 4:00pm-8:00pm	9:00-11:00am 4:00pm-8:00pm	9:00-11:00am 4:00 pm-8:00 pm	9:00am-1pm

GROUP EXERCISE CLASS DESCRIPTIONS

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ACTIVE gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. **ACTIVATE YOUR LIFE!**

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BLAST is a great cardio alternative to walking, running, or stair climbing because you will do it all: walk, jog, run, jump, plyometrics, balance drills, lateral drills, and quickness drills – all on and off The STEP – to exciting energetic music. With the many exercise options and the adjustability of The STEP, intensity is easily managed so anyone, from new to exercise to an athlete in training, will feel successful.

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CENTERGY Balance and Flex together in this invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.

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CORE works you from your shoulders to your hips in 30 action-packed minutes! Improve your athletic performance and become stronger, quicker and faster in all that you do. In addition, strengthening your core can reduce back pain and give you great looking abs! It's quick, challenging and like nothing else.

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fight is a class for anyone wanting a challenging, athletic, and motivating workout. It's explosive, electric, and thrilling. You will train inside and outside the octagon with MMA moves, MuayThai combinations, sledge hammer slams, battle ropes, tire jumps, and so much more. It's a great way to add variety to your training and improve timing, precision, and focus. Plus, it's a great way to kick stress out of your life!!

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POWER combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training.

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. It is a mixture of body sculpting movements with easy-to-follow dance steps. Beginners welcome.

Cardio Remix is a dance-based, cardio workout designed to get you in the groove and working hard! Have fun, hustle, sweat and smile, all as you get fit!

WERQ is a fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses.

Fierce Fitness a fast-paced, fierce total body workout designed to maximize your overall fitness. A combination of strength and cardio exercises will enhance your athletic performance and make you stronger for everything you do. It's an action packed 30 minutes that will keep you coming back for more!

Pull, Push, Move Come in and experience a functional strength & CONDITIONING workout. Get ready to work and hustle! Great for all fitness levels!

ULTIMATE WORKOUT Push it to new levels with cardio and strength training intervals! All fitness levels welcome!

KettleBells will teach you the basics of kettlebell training, including its history, safety techniques, body positioning, alignment and appropriate starting weights. **13 Spots AVAILABLE**

Saturday Shake Up Change up your workout every Saturday for better results! The schedule for the month of **December** is: **Dec 2nd: Power/ Dec 9th: StepKettlebells/ Dec 16th: NO CLASS/ Dec 23rd : Active/ Dec 30th : Power/ Jan 6th: Active**

SILVER SNEAKERS® Classic Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living. 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.

SILVER SNEAKERS® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Gentle Yoga will guide you through a variety of movements and yoga postures, either in standing or working with a chair, with an emphasis on slow, deep breathing to calm the body and the mind. For beginners or seniors.

Fitness Yoga Relax your mind as you stretch your entire body, increase your flexibility, and get stronger.

TRX Yoga TRX can and will improve your yoga practice! Just liking using yoga blocks, TRX can help enhance yoga positions and/or help support you through yoga poses. **9 Spots AVAILABLE**

*Proper footwear is required. Sneakers, running shoes, etc. are required to participate in classes.

****Schedule subject to change due to low class attendance.**