

GROUP EXERCISE

BLOOMINGTON NORMAL YMCA Effective January 30, 2017



AEROBICS STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<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 Boot Camp Marlene	<small>GROUP</small> POWER 5:30-6:30am Lindsay	5:45-6:30am Boot Camp Marlene	5:45-6:15am SWEAT Lindsay		
8:00-8:45am Silver Sneakers		8:00-8:45am Silver Sneakers		8:00-8:45am Silver Sneakers		
9:10-9:55am Silver Sneakers Sue	9:15-10:00am SS Yoga Sarah	9:10-9:55am Silver Sneakers Sue	<small>GROUP</small> ACTIVE 9:15-10:15AM Sara	9:10-9:55am Silver Sneakers Sue	9:10-10:00am Cardio Remix Nikki	
	<small>GROUP</small> CENTERGY 10:15-11:15am Jill	<small>GROUP</small> POWER 10:00am-11am Jill	<small>GROUP</small> CENTERGY 10:15-11:15am Jill	<small>GROUP</small> BLAST 10:00-11am Nicolette	10:10-11am Ultimate Workout Laura	
<small>GROUP</small> CORE 11:30-12:00pm Marsha				<small>GROUP</small> CORE 11:30-12:00pm Marsha	<small>GROUP</small> ACTIVE 11:15-12:15am Carrie	
<small>GROUP</small> POWER 12:00-1:00pm Marsha	<small>GROUP</small> ACTIVE 12:00-1:00pm Sara			<small>GROUP</small> POWER 12:00-1:00pm Marsha		<small>GROUP</small> BLAST 2:00-2:55pm Sarah
4:30-5:15pm Kickboxing Gina	4:15-5:00pm Push, Pull, Move Marsha	<small>GROUP</small> ACTIVE 4:30-5:25pm Marybeth	4:15-5:00pm Push, Pull, Move Marsha	<small>GROUP</small> POWER 4:30-5:25pm Jackie		<small>GROUP</small> CORE 3:00-3:30pm Sarah
<small>GROUP</small> POWER 5:30-6:30pm Laura	<small>GROUP</small> CORE 5:20-5:50pm Jackie	<small>GROUP</small> POWER 5:30-6:30pm Jackie	<small>GROUP</small> CORE 5:20-5:50pm Sarah	5:30-6:30pm Zumba Shannon		<small>GROUP</small> POWER 3:30-4:30pm Erin
6:35-7:30pm Zumba Shannon	<small>GROUP</small> BLAST 6:00-6:55pm Sarah	6:35-7:20pm Cardio Remix Nikita	<small>GROUP</small> BLAST 6:00-6:55pm Nicolette			
	<small>GROUP</small> ACTIVE 7:00-8:00pm Marybeth	<small>GROUP</small> CORE 7:25pm-7:55pm Carrie	<small>GROUP</small> ACTIVE 7:00-8:00pm Carrie			

UPSTAIRS STUDIOS (Mind/Body Studio unless noted)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:10-6pm Pilates Pulse Laura		5:10-6pm Pilates Pulse Marsha			
	6:05-7:00pm Fitness Yoga Lindsay	<small>GROUP</small> CENTERGY 5:25-6:25pm Sarah/MP Room	<small>GROUP</small> CENTERGY 6:05-7pm Sarah			

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.

BOOTCAMP is an effective and challenging workout using weights and more to elevate the heart rate and keep you moving!

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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. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

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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.

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

KICKBOXING is a kicking cardio blast that uses choreographed boxing techniques and athletic aerobic intervals.

PILATES PULSE focuses on the core: strength, flexibility, and stability. Add in standing core work for a complete workout. This class is accessible no matter what your exercise background.

GROUP

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

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

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.

SWEAT is an intense, cardio workout designed to push you out of your comfort zone and get you in and out of the Y fast!

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!

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

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.

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

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

Like us on Facebook! <https://www.facebook.com/BloomingtonNormalYMCA>

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 4:00 pm-8:00 pm	9:00-11:00am 4:00 pm-8:00 pm	9:00am-1pm