

# GROUP EXERCISE

BLOOMINGTON NORMAL YMCA Effective March 1<sup>st</sup>, 2018



## Group Exercise Room

## ChildCare Hours

**Mon.-Fri.**  
**9:00a-11:00a**  
**4:00p-8:00p**

**Saturday**  
**9:00a-1:00p**

**Sunday**  
**1:30p-4:30p**

## Mind and Body Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Core Focus Together</b> 5:10-5:40am		<b>Core Focus Together</b> 5:10-5:40am	<b>Core Focus Together</b> 5:10-5:40am		
	5:45-6:30am <b>Fitness Yoga</b> Lindsay	5:45-6:30am <b>Ultimate Workout</b> Marlene	<b>Strength Train Together</b> 5:30-6:30am Erin/Quentin	5:45-6:30am <b>Ultimate Workout</b> Marlene	5:45-6:15am <b>Fierce Fitness</b> Lindsay		
	8:00-8:45am <b>Silver Sneakers</b>		8:00-8:45am <b>Silver Sneakers</b>	8:00-8:45a <b>Gentle Yoga</b> Hannah	8:00-8:45am <b>Silver Sneakers</b>	<b>Defend Together</b> 8:00a-9:00a Nicolette	
	9:10-9:55am <b>Silver Sneakers</b> Sue	9:15-10am <b>Silver Sneakers YOGA</b> Elizabeth <b>Mar. 13 &amp; 20</b>	9:10-9:55am <b>Silver Sneakers</b> Sue	<b>Active Together</b> 9:15-10:15AM Sara	9:10-9:55am <b>Silver Sneakers</b> Sue	9:00-10:00am <b>Saturday Shake Up</b> Varies	
	<b>Defend Together</b> 10:00-11:00a Katie	<b>Balance and Flex Together</b> 10:15-11:15am Deanna	<b>Strength Train Together</b> 10:15a-11:15a Deanna/Katie	<b>Balance and Flex Together</b> 10:15-11:15am Nicolette	<b>Cardio Step Together</b> 10:00-11:00am Nicolette	10:10-11am <b>Ultimate Workout</b> Marlene	
	<b>Core Focus Together</b> 11:30-12:00p Marsha				<b>Core Focus Together</b> 11:30-12:00pm Marsha	11:15-12:15pm <b>WERQ</b> Oric	
	<b>Strength Train Together</b> 12:00-1:00pm Marsha				<b>Strength Train Together</b> 12:00-1:00pm Marsha		<b>Cardio Step Together</b> 2:00-2:55pm Erin
	4:15-5:00pm <b>TRX YOGA</b> Hannah	4:15-5:00pm <b>Push, Pull, Move</b> Marsha	4:30p-5:15p <b>TRX YOGA</b> Hannah	4:15-5:00pm <b>Push, Pull, Move</b> Marsha	<b>Strength Train Together</b> 4:30-5:25pm Mandy		<b>Balance and Flex Together</b> 3:00-3:55pm Erin
	<b>Core Focus Together</b> 5:00-5:30pm Marybeth	<b>Active Together</b> 5:15-6:15pm Cassie	<b>Defend Together</b> 5:30-6:30pm Varies	5:15-6:00pm <b>Kettlebells</b> Marlene	5:30-6:30pm <b>Zumba</b> Shannon		
	<b>Strength Train Together</b> 5:30-6:30pm Holly	<b>Cardio Step Together</b> 6:15-7:15pm Nicolette		<b>Active Together</b> 6:00-7:00p Marybeth			
	6:35-7:30pm <b>Zumba</b> Shannon		6:35-7:20pm <b>Cardio Remix</b> Nikita				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:05-7:00pm <b>Fitness Yoga</b> Lindsay	<b>Balance and Flex Together</b> 5:30-6:25pm Marybeth	<b>Balance and Flex Together</b> 5:30-6:30pm Erin			

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



# GROUP EXERCISE CLASS DESCRIPTIONS

## Active Together

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!**

## Cardio Step Together

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.

## Balance and Flex Together

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.

## Core Focus Together

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.

## Defend Together

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!!

## Strength Train Together

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! **Please check the weekend schedule on a separate sheet regarding class schedule.**

**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 TRX 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.**

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