

# GROUP EXERCISE

BLOOMINGTON NORMAL YMCA

Effective Nov. 20<sup>th</sup>, 2020

\*WINTER SCHEDULE\*



**\*ALL classes will be streamed on BNYMCA Group Exercise Private Facebook Page for members.**

**\*\*Facebook is free service. Make an account using your name or nickname to be able to workout with your friends.**

**Together we can move through ANYTHING**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Core Focus Together</b> 5:45-6:15am Marlene		<b>Fierce Fitness</b> 5:10-5:30am		
<b>Fitness Yoga</b> 5:30-6:15am Lindsay	<b>Ultimate Workout</b> 5:45-6:30am Marlene		<b>Ultimate Workout</b> 5:45-6:30am Marlene	<b>Fitness Yoga</b> 5:35-6:15am Lindsay		
			<b>Balance and Flex Together</b> 6:30-7:30am Nicolette			
					<b>Active Together</b> 8:00-9:00am TEAM	
					<b>Mobility HIIT</b> 9:00-9:30am Nicolette	
<b>Defend Together</b> 10:00-11:00am Katie	<b>Balance and Flex Together</b> 10:00-11:00am Pam	<b>Strength Train Together</b> 10:00-11:00am Katie	<b>Balance and Flex Together</b> 10:00-11:00am Nicolette	<b>Cardio Step Together</b> 10:00-11:00am Nicolette		
<b>Strength Train Together</b> 12:00-1:00pm Marsha				<b>Strength Train Together</b> 12:00-1:00pm Marsha		
	<b>Push, Pull, Move</b> *2 <sup>nd</sup> /4 <sup>th</sup> <b>POUND</b> *1 <sup>st</sup> /3 <sup>rd</sup> 4:15-5:00pm Marsha		<b>Push, Pull, Move</b> 4:15-5:00pm Marsha			
<b>Strength Train Together</b> 5:30-6:30pm Holly	<b>Cardio Step Together</b> 5:30-6:30pm Jackie	<b>Defend Together</b> 5:30-6:30pm TEAM	<b>Balance and Flex Together</b> 5:30-6:30pm Marybeth	<b>Zumba</b> 5:30-6:30pm Shannon		
<b>Zumba</b> 6:35-7:30pm Shannon	<b>Balance and Flex Together</b> 6:30-7:30pm Marybeth					

## 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.

### Cycle30 Together

R30 is your 30-minute cardio workout. Music will make the time fly, and you will feel great working up a sweat! You can make the most out of R30, no matter if you are just starting an exercise program or have been racing bikes for years. It's only 30 minutes and the format is easy to follow. Since the bike is completely adjustable, you are in control. It's also perfect for those that are short on time and men and women of all ages.

**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.

**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!

**Mobility HIIT** is geared to ALL levels! This HIIT class is not your normal HIIT class. It will open up spaces that get tight when we sleep, it will wake your body and mind up for your weekend, and get you on your way to more mobility through body!

**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!

**POUND** uses weighted sticks to get an energizing workout. This includes exercises that involve alternate squatting and standing to strengthen the inner and outer thighs, buttocks, core muscles, and back muscles. Come POUND down with Marsha!

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

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

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