

GROUP EXERCISE

BLOOMINGTON-NORMAL YMCA

Effective June 5th, 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Yoga 5:30-6:15am Lindsay	R30 5:10-5:40am Ultimate Workout 5:45-6:30am Marlene	Kettlebells 5:45-6:15am Marlene	R30 5:10-5:40am Ultimate Workout 5:45-6:30am Marlene	Fierce Fitness 5:10am-5:30am Fitness Yoga 5:35-6:15am Lindsay	
Silver Sneakers 8:00-8:45am Silver Sneakers 9:00-9:45am Sue	Gentle Yoga 8:00-8:45am Kevin	Silver Sneakers 8:00-8:45am Silver Sneakers 9:00-9:45am Sue	Gentle Yoga 8:00-8:45am Kevin	Silver Sneakers 8:00-8:45am Silver Sneakers 9:00-9:45am Sue	<small>GROUP</small> groove 9:00-10:00am Jessica
<small>GROUP</small> fight 10:00-11:00am Katie	<small>GROUP</small> CENTERGY 10:00-11:00am Pam	<small>GROUP</small> POWER 10:00-11:00am Katie	<small>GROUP</small> CENTERGY 10:00-11:00am Nicolette	<small>GROUP</small> BLAST 10:00-11:00am Nicolette	
<small>GROUP</small> POWER 12:00-1:00pm Nicolette		R30 12:00-12:30pm Nicolette		<small>GROUP</small> POWER 12:00-1:00pm Dana	
	Push, Pull, Move 4:15-5:00pm Marsha	R30 5:00-5:30pm Marlene	Grit n' Go 4:15-5:00pm Marsha		
<small>GROUP</small> POWER 5:25-6:25pm Holly	<small>GROUP</small> ACTIVE 5:30-6:30pm Cassie/Kurt	<small>GROUP</small> fight 5:30-6:30pm TEAM	<small>GROUP</small> POWER 5:25-6:25pm Justin/Tasha	ZUMBA 5:35-6:35pm Shannon	
ZUMBA 6:40-7:40pm Shannon		<small>GROUP</small> groove 6:40-7:40pm TEAM			

KidCare Hours

Monday-Friday 9:00-11:00am

Monday-Thursday 5:00-7:00pm

Group Exercise Class Descriptions

Group Active

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!**

Group Blast

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.

Group 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.

Group 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.

Group Fight

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, Muay Thai combinations, sledgehammer 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!!

Group Groove is a sizzling cardio experience that will make you sweat with a smile. During this energizing hour of dance fitness, you'll experience a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! **IF YOU CAN MOVE, YOU CAN GROOVE!**

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.

R30

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.

"Special Menu" workouts will change up your workouts every Saturday morning. **Please check the weekend schedule on a separate sheet regarding class schedule.**

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!

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

Grit n' Go gives you 45 minutes of fun for strength, cardio, and core with a healthy shot of Tabata thrown in. GRIT, GRIN, and GO for some extra moves to up your fitness. All levels of fitness welcome!

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.

Gentle Yoga Gentle movement and slower paced sequences designed to warm up the body, awaken the breath, and revitalize your energy.

Power Flow Vinyasa A higher intensity vinyasa flow to challenge balance, build strength, and expand flexibility.

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