

# January Group Exercise



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>NEW!!!</b> 5:15-6:00am <b>CYCLE</b> Amber (25 limit)	5:10-6:10am - 1 <b>EARLY BIRD</b> Stacey	5:10-6:10am - 1 <b>GROUP PUMP</b> Stacey	5:10-6:10am - 1 <b>EARLY BIRD</b> Stacey	8:15-9:15am - 1 <b>STABILITY BALL BLAST</b> Sherri	8:00-9:00am-CR <b>YOGA I</b> 1/7 Desiree 1/14 Desiree 1/21 Kelly 1/28 Kinley	3:00-4:00pm - 1 20/20/20 1/1 <b>NO CLASS</b> 1/8 Katy G. 1/15 Emily 1/22 Katie S. 1/29 Emily
8:20-9:15am - 1 <b>BOOTCAMP</b> Amber/Benjamin	8:00-8:50am - 2 <b>ADD IT UP!</b> Jill	8:15-9:10am - 1 <b>BODY BLAST</b> Sherri	8:20-9:15am - 1 <b>STEP FUSION</b> Emily	8:15-9:15am <b>CYCLE</b> Roz (25 limit)	8:30-9:30am - 2 <b>ZUMBA</b> 1/7 Amelia 1/14 Andrea 1/21 Amelia 1/28 Andrea	3:45-4:45pm -CR <b>YOGA I</b> 1/1 <b>NO CLASS</b> 1/8 Desiree <b>3pm start 1/8</b> 1/15 Kelly 1/22 Kinley 1/29 Desiree
9:00-9:45am - 2 <b>OVEREASY</b> Kelly Jo <b>(NO CLASS THE FIRST MONDAY OF MONTH)</b>	8:15-9:15am- <b>CARDIO KETTLEBELL</b> Emily		9:00-10:10am - CR <b>YOGA II</b> Lisa A.	9:15-10:15am - 2 <b>SILVER Sneakers® CIRCUIT</b> Barbara		
9:00-9:45am - 2 <b>BEGINNER LATIN DANCE</b> Barbara <b>(FIRST MONDAY OF THE MONTH)</b>	8:30-9:30am <b>CYCLE</b> Amber (25 limit)	9:15-10:15am - 1 <b>FIT FOR LIFE</b> Debbie	9:00-10:00am - 2 <b>TUNE-IN</b> Jill B.	9:30-10:30am - 1 <b>ZUMBA</b> Jennifer	8:30-9:30am - 1 <b>TABATA</b> 1/7 Alison 1/14 Emily 1/21 Amber 1/28 Emily	<i>*MIND/BODY classes on Sundays are for all levels of Participants</i>
9:30-10:30am - CR <b>YOGA I</b> Christy B.	9:00-10:10am - CR <b>YIN YOGA</b> Lisa A.	9:30-10:30am - 2 <b>BARRE FUSION</b> Caroline (25 limit)	9:30-10:30am - 1 <b>GROUP PUMP</b> Debbie	9:30-10:30am - CR <b>BACK CARE BASICS YOGA</b> Lisa A.	9:35-10:35am - 1 <b>GROUP PUMP</b> 1/7 Christine 1/14 Katy G. 1/21 Christine 1/28 Carmen	<u>Friday</u> <u>4:30-5:25pm</u> <u>ANYTHING</u> <u>GOES</u> 1/6 Carmen 1/13 Christine 1/20 Katy G. 1/27 Christine
9:30-10:30am - 1 <b>GET ON THE BALL</b> Caroline	9:00-10:00am - 2 <b>ZUMBA</b> gold Roz	9:15-10:20am-CR <b>YOGA FLOW</b> Lisa H.		10:45-11:30am - 2 <b>OVEREASY STRETCH</b> Kelly Jo		
9:45-10:30am - 2 <b>LINE DANCING</b> Kelly Jo <b>(NO CLASS THE FIRST MONDAY OF MONTH)</b>	9:30-10:30am - 1 <b>GROUP PUMP</b> Christine	10:45-11:45am-CR <b>GENTLE YOGA</b> Lisa A.	10:15-11:00am - 2 <b>SILVER Sneakers® I</b> Julie E.		9:35-10:35am-2 <b>BARRE FUSION</b> 1/7 Caroline 1/14 Amelia 1/21 Katherine 1/28 Katherine (25 limit)	
10:40-11:40am - 1 <b>ZUMBA</b> toning Jennifer	10:15-11:00am - <b>SILVER Sneakers® I</b> Julie E.		10:15-11am -CR <b>YOGALATES</b> Lisa A.	4:30-5:25pm-1 <b>ANYTHING GOES</b> Carmen, Christine, Katy G., Christine		
10:45-11:30am - 2 <b>SUPPORTED YOGA</b> Christy B.	10:15-11am - CR <b>YOGALATES</b> Lisa A.	4:00-4:40pm - 2 <b>HEALTHY KIDS</b> Katy G.	1:00-1:45pm-1 <b>MOVE IT OR LOSE IT</b> (Parkinson's Class) Billy/Keri	5:30-6:30pm-1 <b>TGIF</b> Tommy		
4:00-4:40pm - 2 <b>HEALTHY KIDS</b> Katy G./Becky	1:00-1:45pm-1 <b>MOVE IT OR LOSE IT</b> (Parkinson's Class) Billy/Keri	4:25-5:25pm - 1 <b>GROUP PUMP</b> Carmen	4:30-5:25pm-2 <b>STEP/Hi-Low</b> Carmen		<p><b>NEW for JANUARY!</b></p> <p><b>KICKBOXING</b></p> <p><b>Thursdays @ 5:15pm</b></p> <p><a href="http://www.andersonareaymca.org">www.andersonareaymca.org</a> 864-716-6261</p>	
4:30-5:30pm-1 <b>TABATA</b> Chad	4:00 - 4:45pm - 2 <b>JR. HEALTHY KIDS</b> Katie S.	5:30-6:25pm-1 <b>TABATA</b> Amber	4:30-5:00pm-1 <b>KETTLEBELL EXPRESS</b> Chad	<p><b>Cycle and Barre Fusion classes are first come first serve - sign up at front desk. Sign-ups begin 30 minutes prior.</b></p> <p><b>Class Instructors are subject to change.</b></p>		
5:30-6:30pm <b>CYCLE</b> Katherine (25 limit)	4:30-5:25pm - 1 P3 Alison/Amber	5:30-6:30pm-2 <b>ZUMBA</b> Roz	<b>NEW!!</b> 5:15-5:45pm - 1 <b>KICKBOXING</b> Caroline			
5:45-6:45pm - CR <b>POWER YOGA</b> Jamie/Desiree	5:30-6:30pm - 2 <b>BARRE FUSION</b> Amelia (25 limit)	5:30-6:00pm <b>CYCLE LITE</b> Jodie (25 limit)	5:30-6:30pm-2 <b>SWEATSHOP</b> Christine			
5:30-6:30pm-2 <b>GROUP PUMP</b> Christine	5:30-6:00pm-1 <b>HARDCORE</b> Katherine	6:00-7:00pm - CR <b>YOGA I</b> Christy/Jamie	5:30-6:25pm-CR <b>YOGA I</b> Desiree			
5:45-6:45pm-1 <b>CARDIO CUT N CORE</b> Tommy	6:00-7:00pm <b>CYCLE</b> Tommy (25 limit)	6:35-7:30-1 <b>STEP</b> Andrea	6:40-7:40pm-1 <b>ZUMBA</b> Andrea			
7:00-8:00pm-1 <b>ZUMBA</b> Kristi	6:40-7:40pm-1 <b>ZUMBA</b> Kristi/Amelia					

# CLASS DESCRIPTIONS

## AEROBIC/CARDIO

**ZUMBA-** All levels. Latin inspired dance fitness that incorporates Latin and international music with easy to learn dance steps.

**ZUMBA TONING-** All levels. Zumba Toning utilizes muscle toning and sculpting exercises and combines them with the dance-fitness movements and rhythms from Zumba for a fun, effective work! Class is limited to 50 participants. Sign-up at front desk no earlier than 30 minutes prior to class.

**STEP -** All levels. This class incorporates basic step choreography using an adjustable platform for diverse levels of intensity that will get your heart pumping!

## STRENGTH AND SCULPTING

**BARRE FUSION-** All levels. Barre Fusion is a challenging and unique workout designed to sculpt and strengthen your entire body. Using the ballet barre, this total body conditioning workout combines ballet, Pilates, strength and flexibility training all into one. Class is limited to 25 participants. Sign-up at front desk no earlier than 30 minutes prior

**GROUP PUMP-** All levels. Experience all the power of incorporating barbells, dumbbells, and other resistance tools in your strength training routine.

**GET ON THE BALL-** All levels. Improve strength, posture, and coordination. Your muscles will be challenged while using the stability ball in your strength training routine.

**STABILITY BALL BLAST-** All levels. A total Body and Core workout that incorporates cardio and strength segments on and off the ball. Improve your posture, core strength and overall endurance while blasting away your muffin top and toning your whole body!

**HARDCORE-** All levels. A workout for the entire torso, this 30 minute class focuses on toning and strengthening the body's core abdominal and back muscles.

## COMBINATION

**BODY BLAST-** All levels. A total body workout that incorporates cardio/interval segments alternating with strength training and core conditioning for a total body blast!

**CARDIO CHISEL-** All levels. A fun workout that incorporates basic cardio segments with strength training for a total body workout.

**EARLY BIRD-** A challenging workout for all you early risers. Come enjoy the instructor's choice of a cardio and strength training workout.

**KETTLEBELL EXPRESS-** A challenging workout using traditional kettlebell weight exercises that use the entire body for a great cardio and functional strength workout.

**KICKBOXING-** An action-packed 30 minute workout that combines a series of punching and kicking combinations that will help to improve strength, muscle tone and endurance

**CARDIO KETTLEBELL-** Traditional kettlebell exercises paired with cardio intervals makes this your go to class for a challenging workout.

**ANYTHING GOES-** All levels. A mixture of strength, plyometrics, and cardio. A total body conditioning!

**SWEATSHOP-** A challenging class that alternates intense cardio segments and strength training moves using heavy weights.

**20/20/20-** All levels. This class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core conditioning.

**TABATA-** A challenging, high intensity interval training workout. Tabata is excellent for increasing conditioning and muscle endurance. Each sequence is broken into 8 cycles of 20 seconds of work/10 seconds of rest. Non-stop action!

**BOOTCAMP-** this challenging class mixes traditional calisthenic and body weight exercises with interval training, sprints, agility work, and strength training for the ultimate workout.

**P3- (Power, Plyo-metrics, and Performance)** This high-energy class alternates bouts of muscle conditioning, plyo-metrics, agility, and coordination for a total-body workout.

## CYCLING

**CYCLE-** All levels. A super cardio workout while pedaling your bike to motivating music. You will experience a variety of riding positions from seated to standing and create a challenging ride by adjusting resistance. Class is limited to 25 participants. Sign-up at front desk no earlier than 30 minutes prior to class.

**CYCLE LITE-** (30 min.) Great for beginners! Basic drills and cycling concepts are introduced in this lighter paced workout. This class will help to improve your cardiovascular conditioning while pedaling your bike to motivating music. Class is limited to 25 participants. Sign-up at front desk no earlier than 30 minutes prior to class.

## MIND & BODY

**POWER YOGA-** A challenging class where poses are held for several breaths to create strength and endurance.

**SUPPORTED YOGA-** All levels. A gentle, supported form of Yoga without having to get down on the floor (working from a chair or standing position).

**BACK CARE BASICS YOGA-** All levels. This class focuses on using the breathe to guide you through poses which will stretch and strengthen your back and core.

**YOGA I-** All levels. Learn the basic moves of yoga performed in a slow and methodical manner. Great for beginners.

**YOGA II-** All levels. This class takes yoga to the next level by moving from one posture to another with energy and strength.

**YOGALATES-** All levels. Yoga and Pilates moves are integrated to create a blend of poses which will strengthen and lengthen the body.

**GENTLE YOGA-** All levels. Gentle yoga emphasizes relaxation with deep breathing in a quiet, soothing atmosphere.

**YIN YOGA-** All levels. Yin Yoga focuses on being receptive, passive, still and relaxed emphasizing flexibility and movement in and around the joints.

## ACTIVE OLDER ADULTS

**FIT FOR LIFE-** A low intensity, low impact aerobic class perfect for the active older adult. Includes resistance training, balance, and flexibility.

**SILVERSNEAKER'S I-** For the active older adult, have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

**SILVERSNEAKER'S CIRCUIT-** Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout.

**TUNE IN-** a moderate intensity class that brings fun, function, and great tunes together. Body bars, resistance bands, and hand balls will assist you. You'll be tapping your feet while feeling the beat.

**ZUMBA GOLD-** Latin inspired dance fitness class that incorporates Latin and international music for the active older adult.

**OVEREASY-** OverEasy exercise works on coordination, balance, rhythm, strength training, and keeping your brain alert.

## YOUTH CLASSES

**HEALTHY KIDS - 6-12 yr. olds.** Introduce your kids to fitness fun through a high-energy class that will teach them the importance of physical activity.

**JR. HEALTHY KIDS - 3-5 yr. olds.** Introduce your kids to fitness fun through a high-energy class that will teach them the importance of physical activity.

## FITNESS CLASS POLICIES

Please arrive to class on time to ensure a complete warm-up.

Please be courteous to all participants and the instructor by keeping conversations to a minimum while class is in session.

Please do not text or use cell phones during class.

Please place all equipment back in its designated areas after class.

Minimum age to participate in an adult group exercise class is 13. Children ages 10-12 may participate in Yoga and Zumba but must be accompanied by an adult.

Classes must have a minimum of 3 participants for it to proceed.