

November Instructor Led Group Exercise



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00am THEATER ENHANCED CYCLING Katherine	5:15-6:00am - Gym EARLY BIRD Stacey	5:15-6:00am - Gym EARLY BIRD Stacey	5:15-6:00am - Gym EARLY BIRD Stacey	5:15-6:00am THEATER ENHANCED CYCLING Katherine	8:00-8:45am-3 YOGA I 11/7 Rebecca 11/14 Kelly 11/21 Rebecca 11/28 Rebecca	3:00-3:45pm 1 GROUP PUMP. 11/1 Katy G. 11/8 Felix 11/15 Jennifer T. 11/22 Kelly 11/29 Jennifer T.
8:15-9:00am - 3 YOGA Kira	5:30 -6:15am -3 WARM POWER FLOW Tammy			5:30 -6:15am -3 WARM POWER FLOW Tammy	9:00-9:45am - 2 ZUMBA 11/7 Andrea 11/14 Charity 11/21 Charity 11/28 Virtual	4:00-4:45pm 3 YOGA 11/1 Rebecca 11/8 Kira 11/15 Rebecca 11/22 Rebecca 11/29 Kira
8:15-9:00am - 1 BODY BLAST Sherri	8:15 - 9:00am-2 FIT FOR LIFE Angela	8:15-9:00am - 1 BODY BLAST Sherri	8:15-9:00am - 1 POUND Michelle	8:15-9:00am - 2 FIT FOR LIFE Angela		
8:15-9:00am CrossFit Gym BOOTCAMP Malek	8:15-9:00am- 1 STEP LADDER Sherri	8:15-9:00am-2 STRONG NATION Amelia	9:00-9:45am - 2 FIT FOR LIFE Angela	8:15-9:00am - 1 STABILITY BALL BLAST Sherri	8:30-9:15am - 1 TABATA 11/7 Taylor 11/14 Alexis 11/21 Taylor 11/28 Jennifer J.	Friday 4:30- 5:15pm 1 ANYTHING GOES 11/6 Carmen 11/13 Jennifer T. 11/20 Carmen 11/27 Jennifer T.
8:30-9:15am THEATER ENHANCED CYCLING Jennifer J.	NEW! 9:00-9:45am CrossFit Gym TRI-FECTA Chad	8:30-9:15am THEATER ENHANCED CYCLING Jodie	9:00-9:45am - 2 FIT FOR LIFE Angela	8:15-9:00am CrossFit Gym BOOTCAMP Malek	NEW! THEATER ENHANCED CYCLING Jennifer J.	
NEW! 9:00-9:45am - 2 POUND Kelly Jo	9:15-10:00am - 2 POUND Michelle	9:15- 10:00am - 1 FIT FOR LIFE Felix	9:15-10:00am - 1 GROUP PUMP Felix	8:30-9:15am THEATER ENHANCED CYCLING Jennifer J.	9:00-9:45am Jennifer T.	
9:15-10:00am CrossFit Gym BOOTCAMP Malek	9:15-10:00am - 1 GROUP PUMP Felix	9:30-10:15am - 3 MORNING FLOW Lisa H.	9:30 -10:15am - 3 WARM GENTLE YOGA Lisa A.	9:15-10:00am - 2 SILVERSNEAKERS@ CIRCUIT Angela		
9:30-10:15am - 1 GET ON THE BALL Angela	9:30-10:15am - 3 RESTORATIVE YOGA Lisa A.	9:30-10:15am -2 raisedbarre Robin	9:45-10:30am CrossFit Gym CARDIO & ABS Brett	9:30-10:15am - CrossFit Gym ZUMBA Jennifer B.	9:30-10:15am -1 GROUP PUMP 11/7 Carmen 11/14 Debbie 11/21 Carmen 11/28 Felix	Healthy Kids Classes Monday, Tuesday, and Wednesdays 4:00-4:30pm Studio 2 Classes limited to 10 kids
9:30-10:15am - 3 YOGA I Rebecca	10:15-11:00am - 1 GROUP PUMP Felix	10:15-11:00am-1 INTERVAL BLAST Felix	10:15-11:00am - 1 GROUP PUMP Felix	9:30-10:15am - 3 BACK CARE BASICS YOGA Lisa A.		
10:00-10:30am - 2 LINEDANCING Kelly Jo	NEW! 10:15-11:00am CrossFit Gym MUSCLE MAX Jennifer B.	10:45-11:30am-3 GENTLE YOGA Lisa A.	10:15-11:00am - 2 SILVERSNEAKERS@ I Julie	10:45-11:30am - 2 Over Easy STRETCH w/Kelly Jo	NEW! 9:30-10:20am TorqueRX (TRX/CYCLE Fusion) Maria (Class meets in TRX studio)	
10:15-11:00am - CF ZUMBA toning Jennifer B.	10:15-11:00am - 2 SILVERSNEAKERS@ I Julie	10:45-11:30am - 2 SUPPORTED YOGA Lisa H.	10:30-11:00am - 3 YOGALATES Lisa A.	4:30-5:15pm-1 ANYTHING GOES		
10:45-11:30am - 2 Over Easy STRETCH w/Kelly Jo	10:30-11:00am - 3 YOGALATES Lisa A.			5:30-6:15pm-1 TGIF Gordon/Tommy		
4:45-5:30pm-3 POUND Amelia	4:30-5:15pm - 1 STEP and SCULPT Katy G./Stacey	4:30-5:15pm - 1 GROUP PUMP Carmen	4:30-5:15pm-3 POUND Robin			
4:30-5:15pm-1 TABATA Katy G.	5:30-6:00pm-1 HARDCORE Jennifer J.	5:30-6:15pm-1 TABATA BOOTCAMP Alexis	4:30-5:15pm-1 JUST A MINUTE Carmen			
5:30-6:15pm THEATER ENHANCED CYCLING Katherine	raisedbarre EXPRESS w/Kim	5:30-6:15pm-2 ZUMBA Andrea A.	5:30-6:15pm-1 SWEATSHOP Katy G./Jennifer J.			
5:45-6:30pm - 3 WARM YOGA Rebecca	5:30-6:15pm - 3 WARM YOGA Rebecca	5:30-6:15pm - 3 YOGA I Christy	5:30-6:15pm - 2 raisedbarre Andrea A.			
5:30-6:15pm-2 GROUP PUMP Jennifer T.	6:00-6:45pm THEATER ENHANCED CYCLING Tommy	NEW!!! 6:00-6:45pm THEATER ENHANCED CYCLING Jennifer T.	5:30-6:15pm - 3 EVENING FLOW YOGA Kim			
5:45-6:30pm-1 CARDIO CUT N CORE Tommy	6:30-7:15pm-2 STRONG NATION Amelia	6:30-7:15pm - 2 raisedbarre Andrea A.	5:30-6:15pm THEATER ENHANCED CYCLING Maria			
7:00-7:45pm-1 ZUMBA Andrea A.	6:45-7:30pm-1 ZUMBA LaShauna		6:45-7:30pm-1 ZUMBA LaShauna			

Be sure to check out our Virtual class schedule for more classes

Class sizes are limited. To reserve a spot, please set up an account with Punchpass, our online reservation software.

andersonareaymca.
punchpass.com



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.

POUND – Pound is a full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising

TRI-fecta – Train like a Triathlete! This class combines rowing, biking, and running to increase conditioning and athletic performance.

STRENGTH AND SCULPTING

RAISED BARRE- All levels. Raised Barre is a fun, energetic and athletic program that incorporates elements of Pilates into a strengthening barre workout. Raised Barre stays true to the classic barre workout, and brings an energetic, athletic and completely pre-choreographed barre program that is easy to learn. 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!

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

JUST A MINUTE – You can do anything for a minute! Complete every exercise for one minute. Strength endurance at its best!

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!

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.

INTERVAL BLAST – Intervals combining strength and cardiovascular in as time setting with small recovery periods.

TorqueRX- (Cycle/TRX Fusion) a unique combination of TRX suspension training and high-energy cycling. You'll build strength, gain flexibility, and get a heart-pumping (and fun) cycling workout, all in one class!

STEP-LADDER- this class uses the ladder method of ascending, descending, and wavering repetitions on and off the step allowing you to accomplish more than you ever thought possible. Step choreography is simple and fun. Strength equipment selection is endless!

STRONG by Zumba®- this class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

CYCLING

INDURO CYCLING- All levels. Induro Cycling has put a new spin on the indoor cycling workout by utilizing amazing virtual cycling videos from ALL OVER THE WORLD! Induro is a beat based, full body, theater enhanced, cycling experience led by an instructor with heart pumping music! Class is limited to 30 participants.

MIND & BODY

YOGA BASICS- Learn the foundations of yoga practice and mechanic of postures. This class is suited for and welcoming to beginners, but also great for experienced yoga participants.

TAI CHI CHIH- T'ai Chi Chih utilizes 19 easy to learn movements and one pose to promote balance, flexibility, stamina, increased physical energy, inner calm and improve health and well-being.

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.

WARM YOGA- standard yoga moves performed in a room heated to 80 degrees (actually temperature will be higher due to body heat). Warm Flow is therapeutic while challenging ones muscular strength endurance, flexibility and balance.

WARM POWER FLOW- intermediate to advanced yoga moves with modifications, which are performed in a room heated to 80 degrees (actually temperature will be higher due to body heat). Warm Flow is therapeutic and provides an environment for a deeper practice while challenging one's muscular strength endurance, flexibility and balance

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.

VINYASA FLOW- An intermediate yoga class that will challenge all level yogis! This class is a blend of strength, balance and deep releases ending with deep meditation. This class can be easily modified to accommodate all fitness levels!

RESTORATIVE YOGA – The main focus of Restorative Yoga is relaxing in poses with deep extra breaths. This class can achieve physical, mental and emotional relaxation as estorative yoga classes are very relaxing and slow paced. You will also hold poses for an extended period of time. This practice is great to balance an active yoga schedule or to give yourself a break when you feel under the weather.

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- For the active older adult, Cardio features 30 minutes of low impact, light cardio with strength training, balance, and stretching.

OVEREASY LOW IMPACT- OVERcome stiffness, tightness, imbalance, & two left feet with EASY low impact.

OVEREASY STRETCH- OVERcome aches, pains, moans, groans with EASY chair stretches. Works memory retention, balance, focus, concentration.

OVEREASY POUND – Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising. OVERcome stiffness, tightness, imbalance, & two left feet with EASY low impact

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.