

# September Group Exercise



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:15-6:15am <b>CYCLE</b> Vanessa	5:10-6:10am - 1 <b>EARLY BIRD</b> Stacey	<b>NEW!!</b> 5:15-6:15am <b>CYCLE</b> Emily	5:10-6:10am - 1 <b>EARLY BIRD</b> Stacey	5:15-6:15am <b>CYCLE</b> Vanessa, Kim S., Emily, Jennifer J.	7:10-8:10am CrossFit Gym <b>(BOOTCAMP)</b> 9/2 Alexis 9/9 Shaunda 9/16 Alexis 9/23 Shaunda 9/30 Shannda	3:00-4:00pm Studio 1 <b>GROUP PUMP</b> 9/3 Mitchel 9/10 Jennifer T. 9/17 Katy G. 9/24 Mitchel	
8:15-9:15am - 3 <b>YOGA BASICS</b> Kira	5:30 - 6:30am - 3 <b>WARM POWER FLOW</b> Tammy	5:10-6:10am - 1 <b>EARLY BIRD</b> Stacey	8:15-9:15am - 1 <b>POUND</b> Amelia	5:30 - 6:30am - 3 <b>WARM POWER FLOW</b> Tammy	8:00-9am Studio 3 <b>YOGA</b> 9/2 Kelly 9/9 Teresa 9/16 Kelly 9/23 Teresa 9/30 Kelly	3:00-4:00pm Studio 3 <b>YOGA</b> 9/3 Kira 9/10 Kathy 9/17 Kira 9/24 Kathy	
8:15-9:15am - 1 <b>BODY BLAST</b> Sherri	8:15 - 9:00am-2 <b>FIT FOR LIFE</b> Angela	8:15-9:15am - 1 <b>BODY BLAST</b> Sherri	9:15-10:00am - 2 <b>FIT FOR LIFE</b> Angela	8:15-9:00am - 2 <b>FIT FOR LIFE</b> Angela			
8:15-9:00am CrossFit Gym <b>BOOTCAMP</b> Malek	8:15-9:15am-1 <b>ANYTHING GOES</b> Sherri	8:15-9:15am-2 <b>STRONG NATION</b> Amelia	9:30-10:30am - 1 <b>GROUP PUMP</b> Brittany	8:15-9:15am - 1 <b>CARDIO, STRENGTH, CORE &amp; MORE</b> Sherri			
8:30-9:30am <b>CYCLE</b> Kim S.	9:30-10:15am - 3 <b>YIN YOGA</b> Lisa A.	8:30-9:30am <b>CYCLE</b> Kim S.	9:30 - 10:15am - 3 <b>YIN YOGA</b> Lisa A.	8:30-9:30am CrossFit Gym <b>BOOTCAMP</b> Malek	9:00-10:00am Studio 2 9/2 Christine (Cardio Dance) 9/9 Charity 9/16 Christine (Cardio Dance) 9/23 Christine (Cardio Dance) 9/30 Charity	<b>Healthy Kids Classes Mon-Wed 4pm</b>	
9:00-10:00am - 2 <b>LOW IMPACT</b> Kelly Jo	9:30-10:25am - 1 <b>GROUP PUMP</b> Felix	9:30-10:30am - 1 <b>FIT WITH FELIX</b> Felix	9:45-10:45am CrossFit Gym <b>CARDIO &amp; ABS</b> Brett	8:30-9:30am <b>CYCLE</b> Emily			
9:15-10:00am CrossFit Gym <b>BOOTCAMP</b> Malek	10:30-11:25am - 1 <b>GROUP PUMP</b> Felix	9:30-10:30am - 2 <b>BARRE</b> Christianna	10:15-11:00am - 2 <b>SILVERSNEAKERS @ I</b> Julie	9:15-10:00am - 2 <b>SILVERSNEAKERS@ STABILITY</b> Angela			
9:30-10:00am - 1 <b>HARDCORE</b> Sherri	10:00-11:00am CrossFit Gym <b>TRI-FECTA</b> Malek	9:30 - 10:30am - 3 <b>YOGA</b> Kindal	10:30-11:00am - 3 <b>YOGALATES</b> Lisa A.	9:30-10:30am - 1 <b>ZUMBA</b> Jennifer B.	<b>CYCLE</b> 9:00-9:45am Jennifer T.	<b>JUNIOR HEALTHY KIDS (3-5 yr.) Tuesdays</b>	
9:30-10:30am - 3 <b>YOGA</b> Kira/Rebecca	10:15-11:00am - 2 <b>SILVERSNEAKERS@ I</b> Julie	10:45-11:45pm - 1 <b>ZUMBA</b> Jennifer B.		9:30-10:30am - 3 <b>BACK CARE BASICS YOGA</b> Lisa A.	9:30-10:30am Studio 1 <b>GROUP PUMP</b> 9/2 Felix 9/9 Mitchel 9/16 Carmen 9/23 Katy G. 9/30 Carmen	<b>HEALTHY KIDS (6-12 yr.) Mon and Wed</b>	
10:00-10:45am - 2 <b>LINEDANCING</b> Kelly Jo	10:30-11:00am - 3 <b>YOGALATES</b> Lisa A.	10:45-11:45am-3 <b>GENTLE YOGA</b> Lisa A.		10:45-11:45am - 2 <b>STRETCH</b> w/Kelly Jo	<b>9:30-10:30am TorqueRX (TRX and CYCLE)</b> Maria	<b>CYCLE</b> 5:15am Friday 9/1 Kim S. 9/8 Jennifer J. 9/15 Vanessa 9/22 Emily 9/29 Jennifer J.	
10:45-11:45am - 1 <b>ZUMBA</b> Jennifer B.		11:00-12:00pm - 2 <b>SUPPORTED YOGA</b> Kathy					
10:45-11:45am - 2 <b>STRETCH</b> w/Kelly Jo							
4:30-5:30pm - 3 <b>WARM FLOW + DEEP STRETCH</b> Lisa H.	4:30-5:30pm - 3 <b>WARM YOGA</b> Kira	4:30-5:15pm - 1 <b>GROUP PUMP</b> Carmen	4:45-5:30pm-2 <b>HIIT</b> Carmen		<p><b>Class sizes are limited. To reserve a spot, please set up an account with Punchpass, our online reservation software. andersonareaymca. punchpass.com</b></p>		
4:30-5:20pm-1 <b>TABATA</b> Katy G.	4:30-5:20pm - 1 <b>STEP and SCULPT</b> Katy G./Emily	5:30-6:15pm-1 <b>TABATA BOOTCAMP</b> Alexis	5:30-6:15pm-1 <b>SWEATSHOP</b> Katy G./Christine W.	<p><b>Be sure to check out our Virtual class schedule for more classes</b></p>			
5:30-6:15pm <b>CYCLE</b> Jennifer T.	5:30-6:30pm - 2 <b>BARRE ABOVE</b> Kim	5:30-6:15pm-2 <b>ZUMBA</b> LaShauna	5:35-6:35pm - 2 <b>raisedbarre</b> Andrea A.				
5:30-6:30pm-1 <b>CARDIO CUT N CORE</b> Tommy	5:30-6:15pm-1 <b>CARDIO &amp; ABS</b> Christine W./Adam	6:00-7:00pm - 3 <b>YOGA</b> Monica	5:30-6:30pm - 3 <b>EVENING FLOW YOGA</b> Kim				
5:30-6:30pm-2 <b>BOOTCAMP</b> Shaunda	6:00-7:00pm - 3 <b>WARM YOGA FLOW</b> Mellonee	6:00-7:00pm <b>CYCLE</b> Kim S.	5:30-6:30pm CrossFit Gym <b>BOOTCAMP</b> Alexis				
6:00-7:00pm - 3 <b>WARM YOGA</b> Monica	6:00-7:00pm <b>CYCLE</b> Tommy	6:30-7:30pm - 2 <b>raisedbarre</b> Andrea A	5:30-6:30pm <b>CYCLE</b> Maria	<p><b>Class Instructors are subject to change.</b></p>			
6:45-7:45pm-1 <b>ZUMBA</b> Andrea A.	6:30-7:30pm-1 <b>ZUMBA</b> Charity		6:30-7:30pm-1 <b>ZUMBA</b> Andrea				

# 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 workout

**ZUMBA STEP**- A combination of the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor.

**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.

**CARDIO DANCE** -Cardio dance is a fun and upbeat class to your favorite songs. You will catch on quickly to the easy to follow moves and will enjoy breaking a sweat in this class for all levels!

**CYCLE** – All levels. This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. Remember to bring a towel and water bottle!

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## **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.

**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.

**ARMS, HARDCORE & STRETCH** - All levels. This class is power packed! Biceps, Triceps, Shoulders, Forearms, Core Stability and Abs are worked using a variety of equipment and your own body weight. Ending with stretching. Benefits of this class are toned and sculpted arms, strengthened core, firmer abdominal muscles and improved posture and balance.

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## **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.

**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!

**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.

**CARDIO, STRENGTH, CORE & MORE**- Increase your overall strength, endurance and flexibility with this cardio, strength and core class that utilizes a variety of equipment for all fitness levels.

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## **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.

**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.

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

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

**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.

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## **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 STABILITY**- For the active older adult, Stability is designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time.

**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

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## **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.