

November Group Exercise



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15am CYCLE Vanessa	5:10-6:10am - 1 EARLY BIRD Stacey	NEW!! 5:15-6:15am CYCLE Emily	5:10-6:10am - 1 EARLY BIRD Stacey	5:15-6:15am CYCLE * SEE INSTRUCTOR DATES BELOW	7:10-8:10am CrossFit Gym (BOOTCAMP) 11/4 Shaunda 11/11 Alexis 11/18 Shaunda 11/25 Emily	3:00-4:00pm Studio 1 GROUP PUMP 11/5 Mitchel 11/12 Katy 11/19 Mitchel 11/26 Mitchel
8:30-9:15am - 3 YOGA BASICS Kira	5:30 -6:30am -3 WARM POWER FLOW Tammy	5:10-6:10am - 1 EARLY BIRD Stacey	8:15-9:15am - 1 POUND Amelia	5:30 -6:30am - 3 WARM POWER FLOW Tammy	8:00-9am Studio 3 YOGA 11/4 Teresa 11/11 Kelly 11/18 Kelly 11/25 Teresa	3:00-4:00pm Studio 3 YOGA 11/5 Kathy 11/12 Katy 11/19 Kira 11/26 Mellonee
8:15-9:15am - 1 BODY BLAST Sherri	8:15 - 9:00am-2 FIT FOR LIFE Angela	8:15-9:15am - 1 BODY BLAST Sherri	9:15-10:00am - 2 FIT FOR LIFE Angela	8:15-9:00am - 2 FIT FOR LIFE Angela		
8:15-9:00am CrossFit Gym BOOTCAMP Malek	8:15-9:15am-1 ANYTHING GOES Sherri	8:15-9:15am-2 STRONG NATION Amelia	9:30-10:30am - 1 GROUP PUMP Emily	8:15-9:15am - 1 CARDIO, STRENGTH, CORE & MORE Sherri		
8:30-9:30am CYCLE Emily	9:30-10:15am - 3 YIN YOGA Lisa A.	8:30-9:30am CYCLE Kim S.	9:30 -10:15am - 3 YIN YOGA Lisa A.	8:30-9:30am CrossFit Gym BOOTCAMP Malek	9:00-10:00am Studio 2 ZUMBA toning 11/4 Christine (Cardio Dance) 11/11 Charity 11/18 Charity 11/25 NO CLASS	Healthy Kids Classes Mon-Wed 4pm
9:00-10:00am - 2 Over Easy Surprise to Overcome LOW IMPACT Kelly Jo	9:30-10:25am - 1 GROUP PUMP Felix	9:30-10:30am - 1 FIT WITH FELIX Felix	9:45-10:45am CrossFit Gym CARDIO & ABS Brett	8:30-9:30am CYCLE Emily		
9:15-10:00am CrossFit Gym BOOTCAMP Malek	10:30-11:25am - 1 GROUP PUMP Felix	9:30-10:30am -2 BARRE Christianna	10:15-11:00am - 2 SILVERSNEAKERS @ I Julie	9:15-10:00am - 2 SILVERSNEAKERS@ STABILITY Angela	CYCLE 9:00-9:45am Jennifer T.	JUNIOR HEALTHY KIDS (3-5 yr.) Tuesdays
9:30-10:15am - 1 GROUP PUMP Sherri	10:00-11:00am CrossFit Gym TRI-FECTA Malek	9:30 - 10:30am - 3 YOGA Kindal	10:30-11:00am - 3 YOGALATES Lisa A.	9:30-10:30am - 1 ZUMBA FINEST Jennifer B.	9:30-10:30am Studio 1 GROUP PUMP 11/4 Carmen 11/11 Felix 11/18 Carmen 11/25 Katy	HEALTHY KIDS (6-12 yr.) Mon and Wed
9:30-10:30am - 3 YOGA Rebecca	10:15-11:00am - 2 SILVERSNEAKERS@ I Julie	10:45-11:45pm - 1 ZUMBA step Jennifer B.		9:30-10:30am - 3 BACK CARE BASICS YOGA Lisa A.		
10:00-10:45am - 2 LINEDANCING Kelly Jo	10:30-11:00am - 3 YOGALATES Lisa A.	10:45-11:45am-3 GENTLE YOGA Lisa A.		10:45-11:45am - 2 Over Easy Surprise to Overcome STRETCH w/Kelly Jo	9:30-10:30am TorqueRX (TRX and CYCLE) Maria	*CYCLE 5:15am Friday 11/3 Emily 11/10 Vanessa 11/17 Kim S. 11/24 NO CLASS
10:45-11:45am - 1 ZUMBA toning Jennifer B.		11:00-12:00pm - 2 SUPPORTED YOGA Kathy				
10:45-11:45am - 2 Over Easy Surprise to Overcome STRETCH w/Kelly Jo						
	5:00-5:45pm - 3 WARM YOGA Kira	4:30-5:15pm - 1 GROUP PUMP Carmen	4:45-5:30pm-2 HIIT Carmen		<p>Class sizes are limited. To reserve a spot, please set up an account with Punchpass, our online reservation software. andersonareaymca.punchpass.com</p> <p>Be sure to check out our Virtual class schedule for more classes</p> <p>Class Instructors are subject to change.</p>	
4:30-5:20pm-1 TABATA Katy G.	4:30-5:20pm - 1 STEP and SCULPT Katy G./Emily	5:30-6:15pm-1 TABATA BOOTCAMP Alexis	5:30-6:15pm-1 SWEATSHOP Katy G./Christine W.			
5:30-6:15pm CYCLE Jennifer T.	5:30-6:30pm - 2 BARRE ABOVE Kim	5:30-6:15pm-2 ZUMBA FINEST LaShauna	5:35-6:35pm - 2 raisedbarre Andrea A.			
5:30-6:30pm-1 CARDIO CUT N CORE Tommy	5:30-6:15pm-1 CARDIO & ABS Christine W./Adam	6:00-7:00pm - 3 YOGA Monica	5:30-6:30pm - 3 EVENING FLOW YOGA Kim			
5:30-6:30pm-2 BOOTCAMP Shaunda	6:00-7:00pm - 3 WARM YOGA FLOW Mellonee	6:00-7:00pm CYCLE Bryson	5:30-6:30pm CrossFit Gym BOOTCAMP Alexis			
6:00-7:00pm - 3 WARM YOGA Monica	6:00-7:00pm CYCLE Tommy	6:30-7:30pm - 2 raisedbarre Andrea A	5:30-6:30pm CYCLE Maria			
6:45-7:45pm-1 ZUMBA FINEST Andrea A.	6:30-7:30pm-1 ZUMBA FINEST Charity		6:30-7:30pm-1 ZUMBA FINEST 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!

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.

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.

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.

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

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.