November Group Exercise

the YMCA
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	**5:10-6:10am - 1** **EARLY BIRD** Stacey	**5:10-6:10am - 1** **EARLY BIRD** Stacey	**5:15-6:15am** **PEDAL & PUMP** **11/6 + 11/20** Vanessa	**7:10-8:10am** CrossFit Gym **BOOTCAMP** 11/7 Adam 11/14 Shaunda 11/21 NO CLASS 11/28 Shaunda **8:00-9:00am** Studio 3 **YOGA** 11/7 Teresa 11/14 Kelly 11/21 Teresa 11/28 Caroline **8:20-9:20am** Studio 1 **FULL BODY SCULPT** 11/7 Maryann 11/14 Katy 11/21 Katy 11/28 Maryann **CYCLE** **8:30-9:15am** 11/7 NO CLASS 11/14 Emily 11/21 Emily 11/28 Emily **9:00-10:00am** Studio 2 ZUMBA toning 11/7 Christine 11/14 Charity 11/21 Christine 11/28 Amelia *Christine will be teaching a 45min Cardio and dance class **9:30-10:30am** Studio 1 LesMILLS **BODYPUMP** 11/7 Kelly 11/14 Jessica 11/21 Jennifer 11/28 Jennifer	**3:00-4:00pm** Studio 1 LesMILLS **BODYPUMP** Jennifer T. **3:00-4:00pm** Studio 3 **YOGA** Kira **3:15-4:15pm** Studio 1 **PUMPING WITH FELIX** Felix **4:15pm-5:00pm** Studio 3 LesMILLS **PILATES** Shea
		6:00am-6:45am-3 **PILATES** LesMILLS Shea	**8:15am-9:15am-1** **CARDIO MIX** Beth	**5:15-am-6:15am- 1** LesMILLS **BODYPUMP** Jessica		
8:15-9:15am – 1 **BODY BLAST** Jessica	**8:15 – 9:00am-2** **FIT and FUNCTIONAL** Ana	**8:15-9:15am – 1** **BODY BLAST** Maryann	**9:00-9:45am** LesMILLS **CYCLE** Whitney	**5:30 -6:30am –3** **WARM POWER FLOW** Tammy		
8:30-9:15am – 3 **YOGA BASICS** Caroline	**8:15-9:15am- 1** LesMILLS **BODYPUMP** Jessica	**8:15-9:15am 2** **STRONG** Amelia	**9:15-10:00am – 2** **FIT FOR LIFE** Lise			
8:30-9:30am **CrossFit Gym** **BOOTCAMP** Amelia	**9:00-9:45am** LesMILLS **CYCLE** Whitney	**8:30-9:30am** **CYCLE** Emily	**9:30-10:30am – 1** LesMILLS **BODYPUMP** Jessica/Emily	**8:30-9:30am** **CYCLE** Emily		
8:30-9:30am **CYCLE** Emily	**9:15-10:00am-2** **STABILITY and BALANCE** Ana	**8:30-9:30am-3** **YOGA BASICS** Kira	**9:30 –10:15am - 3** **YIN YOGA** Lisa A.	**9:30-10:30am - 3** **BACK CARE BASICS YOGA** Lisa A.		
9:00-10:00am – 2 Over Easy **LOW IMPACT** Kelly Jo	**9:30-10:15am – 3** **YIN YOGA** Lisa A.	**9:30-10:30am-3** **YOGA** Kira	**9:45-10:45am** **CrossFit Gym** **CARDIO & ABS** Brooke	**10:00-11:00am– 1** ZUMBA Jennifer B.		
	9:30-10:30am – 1 **PUMPING WITH FELIX** Felix	**9:30- 10:30am – 1** **FIT WITH FELIX** Felix	**10:15-11:15am – 2** **SILVERSNEAKERS®** Beth	**11:00-12:00pm – 2** Over Easy **STRETCH** w/Kelly Jo		
9:30-10:30am – 3 **YOGA** Caroline	**10:30-11:30am – 1** **STRENGTH WITH FELIX** Felix	**9:00- 9:30am – 2** **T'AI CHI CHIH TRAINING** Dana *Only the first Wednesday of every month	**10:30-11:00am - 3** **YOGALATES** Lisa A.	**12:00-1:00pm** LesMILLS **BODYPUMP** Kelley		
10:00-11:00am - 2 **LINEDANCING** Kelly Jo	**10:15-11:00am – 2** **SILVERSNEAKERS®** Julie	**9:30- 10:30am – 2** **T'AI CHI CHIH** Dana	**11:30-12:15- 2** **SILVERSNEAKERS STABILITY** Beth			
11:00am-12:00pm – 2 Over Easy **STRETCH** w/KellyJo	**10:30-11:00am – 3** **YOGALATES** Lisa A.	**10:45-11:45pm - 1** ZUMBA step Jennifer B.				
10:45-11:45am – 1 ZUMBA toning Jennifer B.	**1:00-1:45 -2** **PARKINSONS- Presented By:** AnMed Alex	**10:45-11:45am-3** **GENTLE YOGA** Lisa A.	**1:00-1:45 -2** **PARKINSONS- Presented By** AnMed Robert			
12:00-1:00pm-1 LesMILLS **BODYPUMP** Kelley		**11:05-12:05 -2** **SUPPORTED YOGA** Kathy	**4:45-5:30pm-2** **BUTT & GUT HIIT** Carmen		**Please register for classes through Amilia. Visit the Anderson Area YMCA website to learn more.** **If you have any issues with Amilia, please contact liap@andersonareaymca.org for help.**	
1:00-1:45 -Cycle **PARKINSONS-Presented By:** AnMed Robert	**4:30-5:20pm - 1** **STEP and SCULPT** Katy/Caroline/Carmen/Emily	**12:00-1:00pm** LesMILLS **BODYPUMP** Emily	**5:30-6:15pm-1** **INTERVALS** Katy G			
4:30-5:20pm-1 **TABATA** Katy G.	**5:00-5:40pm – 3** **PILATES** Mellonee	**4:30-5:15pm - 1** **FULL BODY SCULPT** Carmen	**5:35-6:30pm – 2** raisedbarre Andrea A			
5:30-6:15pm **CYCLE** Jennifer T.	**5:30-6:30pm – 2** LesMILLS **BARRE + BODYPUMP** Kim		**5:30-6:30pm - 3** **EVENING FLOW YOGA** Kim			
5:30-6:30pm-1 **CARDIO CUT N CORE** Tommy	**5:30-6:15pm-1** **FULL BODY FIT** Mitchel	**5:30-6:15pm-1** LesMILLS **BODYPUMP** Kelly	**5:30-6:30pm** **CrossFit Gym** **BOOTCAMP** Adam			
5:30-6:30pm-2 **BOOTCAMP** Shaunda/Alexis	**6:00-7:00pm-3** **WARM YOGA FLOW** Mellonee	**6:00-7:00pm – 3** **YOGA** Monica	**5:30-6:30pm** **CYCLE** Maria	**Class Instructors are subject to change.**		
6:00-7:00pm – 3 **WARM YOGA** Monica	**6:00-7:00pm** **CYCLE** Tommy	**6:30-7:30pm – 2** raisedbarre Andrea A.				
6:45-7:45pm-2 ZUMBA Andrea A.	**6:45-7:45pm-1** ZUMBA Charity		**6:35-7:35pm-2** ZUMBA Andrea			

CLASS DESCRIPTIONS

CARDIO

ZUMBA- Latin inspired dance fitness that incorporates Latin and international music with easy to learn dance steps.
ZUMBA TONING- 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.
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!
CARDIO CUT N CORE- Intervals of cardio and weights, finishing with core focused exercises. Includes the use of weights, bands, and stability/medicine balls.
STEP: A cardio-based class designed to strengthen/tone both the legs and core. Includes core segment and stretching.
CARDIO AND ABS- Cardio class with an emphasis on core. May include, but not limited to running, cardio machines, and body weight movements.
LINEDANCING- A fun and upbeat class designed to teach you numerous Line Dances. All levels are welcome.
PUMPING WITH FELIX- Group Pump with an edge. Each class will include a full body workout with fun, great music, and a challenging beat coordinated resistance regiment. Great for strength, toning, flexibility, and balance.

STRENGTH AND SCULPTING

BODYPUMP/BARRE- 30 minutes BodyPump followed by Barre Above with energizing sequences for strength, balance, and full body flow.
GROUP PUMP- Experience all the power of incorporating barbells, dumbbells, and other resistance tools in your strength training routine.
STRENGTH AND STRETCH- This 45-minute class targets one area per class using resistance and mobility exercises. Focuses include posture, core and glutes, balance, wrists and ankles. Our aim is to increase strength and mobility for injury prevention and for everyday life.
BARRE ABOVE- Come party with the "Barre Above" program. "Barre Above" mixes a blend of Pilates, ballet, yoga, and strength training movements. A sequence with purpose set to upbeat music.
BARRE- A fusion of traditional ballet barre warm up and exercises combined with light weights and Pilates.
LES MILLS BODYPUMP- Low weight, high rep, full body strength workout. All exercises are to the beat of the music, making this a fun and challenging class.

CARDIO AND STRENGTH

BODY BLAST- 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.
ANYTHING GOES- A mixture of strength, plyometrics, and cardio. Total body 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, body weight with interval training, sprints, agility work, and strength training for the ultimate workout.
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.
HIIT- A quick, high intensity, full body workout for all levels, includes warmup and cooldown, and requires minimal equipment.
INTERVALS- A total body workout that incorporates cardio, strength, and core work into interval segments. A variety of equipment is used, and it is great for all levels. TABATA
BUTT AND GUT HIIT CLASS- A challenging variety of core and glute exercises that increase the heart rate. The sequence is broken into 5 cycles of 30 seconds of work and 5 seconds of rest
KETTLE AND CORE- A fun and challenging workout that combines a variety of Kettlebell and core movements. This is a full body strength class with cardio mixed in!
FULL BODY FIT: A comprehensive 45-minute workout designed to hit every major muscle group from head to toe. This class utilizes a strategic mix of squats, lunges, curls, and dedicated core conditioning to build lean muscle and improve functional strength.
CARDIO MIX: high energy circuit style class using interval bouts of cardio, strength and core to achieve a total body workout.

MIND AND BODY

YOGA BASICS- Learn the foundations of yoga practice and mechanic of postures. This class is suited for and welcomes beginners, but also great for experienced yoga participants.
SUPPORTED YOGA- 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 breath to guide you through poses which will stretch and strengthen your back and core.
YOGA I- 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 (temperature will be higher due to body heat). Warm Flow is therapeutic while challenging one's 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 (temperature will be higher due to body heat). Warm Flow is therapeutic and provides an environment for deeper practice while challenging one's muscular strength endurance, flexibility and balance
YOGALATES- Yoga and Pilates are integrated to create a blend of poses which will strengthen and lengthen the body.
YIN YOGA- Yin Yoga focuses on being receptive, passive, still and relaxed emphasizing flexibility and movement in and around the joints.
GENTLE YOGA- Gentle yoga emphasizes relaxation with deep breathing in a quiet, soothing atmosphere.
T'AI CHI CHIH- It's a moving mediation that balances, centers, and activates the inner energy which calms the mind and body. The first class of every month will be instruction/teaching based.

ACTIVE OLDER ADULTS

FIT FOR LIFE- A low intensity, low impact aerobics 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.
MOVE IT OR LOOSE IT- Class dedicated to help those suffering from Parkinson's disease. Includes: cycling, karate, strength, mobility, coordination, and balance.
FIT and FUNCTIONAL- A low intensity, low impact aerobics class perfect for the active older adult. Includes resistance training, balance, and flexibility.
STABILITY and BALANCE- Perfect for active older adults. This class focuses on improving and maintaining balance and stability while improving overall strength and coordination.
FIT WITH FELIX- Enjoy great old school music with a twist! Next level silver sneakers class designed for the more active senior. Great for flexibility, balance, coordination, and strength.

CYCLE

CYCLE –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!
PEDAL & PUMP - A 30 min cycle ride followed by 15 minutes of strength training for the upper body and core
TORQUE TRX- (Cycle/TRX Fusion) is 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!