



LAND FITNESS SCHEDULE 6-25-18 to 9-2-18

More for your membership! ALL Group Exercise classes are included in your membership!

Certified Fitness Instructors: Healthy Living Director, Julie Saeler
 Alicia Bercury/Penny Birch/Dee Demby/Kellie Donahue/Kimberly Donovan/Jackie Dickey/Rachel Dzagulones
 Beth Gillan/Sandy Ihlenfeld/Jamie Knauff/Ben Knight/Michelle Kovach/Tammy McGaughey
 Heidi Nicholls-Bowser/Alice Norris/Amanda Ries/Mickey Stewart/Natalie Wall /Bill Weber/Kati Weiland/Sally Wood

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEE TIMES	<u>6:00-7:00</u> Advanced Weight Training Tammy 2,3			<u>6:00-7:00</u> Advanced Weight Training Tammy 2,3		<u>7:00-8:00</u> Advanced Weight Training Trainer Rotation 2,3
8:00 AM - 9:00 AM	<u>8:45-9:30</u> Mat Pilates Alicia/ Mickey	A.M. YOGA Mickey	<u>9:00-10:00</u> ZUMBA® WAKE UP Alicia 1,2,3 Program Center	★	A.M. YOGA Mickey	Vinyasa YOGA Rachel 1,2,3 Program Center ★
9:30 AM - 10:30 AM	WAR® Alicia 1,2,3	<u>9:00-10:00</u> Essential Weight Training Sandy 1,2,3	Mid-Week MASH-UP Mickey 1,2,3	<u>9:00-10:00</u> Advanced Weight Training Sandy 2,3	H.I.I.T. Step Mickey/Kellie 1,2,3	<u>9:15-10:00</u> CARDIO SURPRISE Rotation 1,2,3
10:00 AM - 11:00 AM	<u>10:30-11:00</u> BARRE Alicia 1,2,3	Bootcamp MaXX H.I.I.T. Heidi 2,3	<u>10:30-11:00</u> MINI YOGA Mickey	Bootcamp MaXX Cardio Heidi 2,3	<u>10:30-11:00</u> Strength Training Mickey/Kellie 1,2,3	<u>10:00-10:45</u> BARRE Mickey 1,2,3
SEE TIMES	<u>11:00-11:45</u> Gentle Yoga Mickey Program Center	<u>11:00-12:00</u> Line Dancing Alice 1,2	<u>11:00-11:45</u> SilverSneakers Yoga Mickey Program Center	<u>11:00-11:30</u> BARRE Heidi 1,2,3	<u>11:00-11:45</u> Gentle Yoga Mickey	
SEE TIMES	<u>11:45-12:30</u> LOW IMPACT CARDIO MASH-UP Mickey 1,2			<u>11:30-12:15</u> LOW IMPACT CARDIO MASH-UP Mickey 1,2	<u>11:00-11:45</u> Chair Yoga Sally Program Center	★
12:00 PM - 1:00 PM			TAI CHI Beginner Bill 1,2 *Program Fee	<u>12:15-12:45</u> MINI YOGA Mickey	TAI CHI Beginner Bill 1,2 *Program Fee	1= Beginner 2= Intermediate 3= Advanced Numbers are a guide to let you know what to expect. Don't let a number keep you out of a class! Feel free to adjust your workout to <i>what you like</i> .
1:15 PM - 2:15 PM			TAI CHI Bill 1,2 *Program Fee	★ NEW	TAI CHI Bill 1,2 *Program Fee	
SEE TIMES	<u>5:30-6:00</u> Core & Stability Penny 1,2,3	<u>5:15-6:00</u> Kickboxing w/ Step Sandy 1,2,3	<u>5:15-6:00</u> SAIL Dee 1 ★	<u>5:30-6:00</u> Basic Weight Training Kimberly 1,2 July 12-Aug 9	<u>5:15-7:00</u> Youth Ballet Dance Classes *Program Fee Group Ex Studio	
6:00 PM - 7:00 PM	<u>6:00-6:30</u> Cardio Fit Penny 1,2,3	Advanced Weight Training Beth 2,3		Essential Weight Training Kimberly 1,2,3	Schedules available on our mobile app! Download by searching Butler County Family YMCA	
6:30 PM - 7:30 PM	FUNCTIONAL YOGA Kimberly	<u>7:00-7:30</u> Cardio Burn Jamie 2,3		<u>7:00-7:30</u> FUNCTIONAL YOGA 2,3 Kimberly	Wellness classes can be strenuous. Please consult your physician. By participating in these classes, you indicate that you have no physical conditions or health problems.	
7:30 PM - 8:15 PM		Barbell Strength Jamie 2,3			★ This symbol indicates the class will be held in the new Program Center.	
7:30 PM - 8:30 PM	ZUMBA® Kati 1,2,3	<u>8:15-9:15</u> MINDFUL YOGA Ben		ZUMBA® Kati 1,2,3		

Advanced Weight Training - Class focuses on core stability & progression in strength training. All muscle groups are worked in each class. A variety of equipment is used and varies each week to continually challenge your body. Format is based on the latest science to effectively build strength & conditioning. Instructor is a certified Personal Trainer.

A.M. Yoga - A gentle Yoga class to wake up the body.

Barbell Strength- Pure strength training using the bars and weight plates. Learn how to perform various strength & power exercises. Combined with Cardio Burn, these classes work together to strengthen your body!

Barre - This is a safe, low impact program that will tone & strengthen your body. It is safe & effective for all fitness levels. Using a combination of postures inspired by ballet & other disciplines like yoga & pilates, the class will focus on strength training combined with range-of-motion movements.

NEW! Basic Weight Training - Strength training is fundamental to our health & imperative as we age. Join us to learn proper strength training form using weights, gain endurance, balance, mobility and build muscle.

Bootcamp MaXX (H.I.I.T on Tues/Cardio on Thurs)-Take your fitness to the MaXX with this high intensity workout. Body weight exercises, plyometrics & high intensity intervals to build power, speed, agility, endurance & core strength.

Cardio Burn - Watch the calories burn away in this interval cardio class.

Cardio Fit - Using a mix of low to moderate intensity movements, you will learn how to train your body to become efficient at burning fat while putting low impact on your joints.

Cardio Mash-Up - A mix of LOW IMPACT cardio mixed with short bursts of strength! Fast and effective. Great for beginners and Active Older Adults!

Cardio Surprise - This is a FUN, high energy class that will mix cardio with balance, agility, coordination and body weight strength. Perfect for the new exerciser or active older adult.

Chair Yoga - Introductory class focusing on the fundamentals of yoga. Class will contain yoga poses both seated & **standing (using the chair if needed as support), along with modifications of the poses to suit participant's needs.**

Core & Stability - Strengthen your core through a variety of movements that focus not only on core strength, but also balance and stability. Using the BOSU, as well as balance on the floor, you will be able to increase overall core stabilization and improve back support and posture.

Delay the Disease - This program is a life-changing exercise and mobility program expressly designed for people with a diagnosis of Parkinson's Disease. **Exercise will be modified as needed for all levels of PD participants.**

Essential Weight Training - a strength & muscular endurance class for all fitness levels. Focus will be on proper training form & fundamentals of weight training including balance & flexibility. Taught by a certified Personal Trainer.

Functional Yoga - A dynamic class with energetic music that utilizes sun salutations, warrior poses and multiple balance and core poses to build strength, flexibility & agility. Class ends with focused stretching. For all fitness levels, prior yoga experience not necessary, but participants need to be able to get up & down from the mat easily.

Gentle Yoga - Blend of Yoga styles. Great for the beginner!

H.I.I.T. Step - Fun choreography and intervals.

Kickboxing w/Step - A hybrid class for all levels! Experience the cardio workout of step and the intensity of kickboxing put together for one great high intensity calorie burner!

Line Dancing - Research shows thinking and moving is superb for Active Older Adults.

Mat Pilates - Mat Pilates is a way to stretch and strengthen your body, primarily the muscles of core, which span from your hips to your shoulders. Borrows from disciplines such as dance, yoga and classic calisthenics.

Mid-Week MASH-UP - **A blend of exercise style... H.I.I.T, Tabata, a touch of PiYo® while incorporating a plethora of "toys". Class changes each week. Fun, Effective, Different and Challenging!**

Mindful Yoga - Each class will begin with a short guided meditation, linked with breathing & awareness of the body. All poses will be very low impact and presented in a way that is suitable for everyone. Silent reflection in closing the class will bring a renewed sense of well-being that will **catalyst into a restful night's sleep.**

Mini Yoga -Focus on breathing, stretching, lengthening and strengthening muscles & then relaxation..just 30 minutes.

SAIL (Stay Active & Independent for Life) - This class helps provide specific exercises that will help seniors stay active & reduce their chance of falling. Improve overall cardiovascular endurance, strength and balance.

SilverSneakers® Yoga - Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Strength Training - Involves strengthening of all major muscle groups.

Tai Chi - Tai Chi involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. Each posture flows into the next, ensuring constant motion. Program fee-please register.

Vinyasa Yoga - The movement is aligned & linked with the breath so that you move with each inhale & exhale.

WAR™ - This is an exhilarating total body workout with a fusion of martial arts meets chart-topping music! Learn how to punch effectively, kick safely & perform hooks & uppercuts like a pro. Upper body, lower body & core strengthening.

ZUMBA® - This class fuses Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away! Achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, muscle pumping, body energizing movements meant to tone & sculpt your body while burning fat.

Zumba Wake Up - This class will wake up your mind & give you energy to get the day moving in a positive way!

AGES 14 AND OLDER WELCOME!
JUNIOR GROUP EXERCISE PARTICIPANT POLICY:
Ages 12-13 may attend adult classes with a parent.
Youth must not be a distraction to the adult class.

YMCA Contact information: Healthy Living Director
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