





LAND FITNESS SCHEDULE 3-1-20 to 4-25-20

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

Certified Fitness Instructors: Group Exercise Coordinator: Mickey Stewart

Penny Birch/Dee Demby/Kimberly Donovan/Rachel Dzagulones/Beth Gillan/Rochelle Graham/Sandy Ihlenfeld
Cynthia Johnston/Jamie Knauff/Barb Maxwell/Tammy McGaughey/Heidi Nicholls-Bowser/Alice Norris/Alice O'Melia
Evonne Patterson/Darcie Paule/Alyssa Pietropaolo/Mickey Stewart/Bill Weber/Kati Weiland

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 Rotation 2,3
8:00 AM - 9:00 AM		A.M. YOGA Mickey		<u>9:00-10:00</u> Advanced Weight Training Sandy 2,3	A.M. YOGA Mickey	Vinyasa YOGA Rachel 1,2,3 Program Center ★
9:30 AM - 10:30 AM	Cardio Strength Intervals Alice O. 1,2,3	<u>9:00-10:00</u> Advanced Weight Training Sandy 2,3	Mid-Week MASH-UP Mickey 1,2,3	<u>10:00-10:30</u> My Y Time Rachel For Parents & Kids to age 5 ★	Fun Friday Step Party Mickey 1,2,3	<u>9:15-10:00</u> CARDIO SURPRISE Rotation 1,2,3
10:00 AM - 11:00 AM		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 Combos Mickey 1,2,3	
11:00 AM - 11:45 AM	Gentle Yoga Mickey Program Center ★	BARRE Barb 1,2,3	<u>11:15-12:15</u> TAI CHI Advanced/ Continuing Bill *Fee	<u>11:00-11:30</u> BARRE BLEND Heidi 1,2,3	Gentle Yoga Mickey	
SEE TIMES	<u>12:00-12:45</u> CARDIO MASH-UP Mickey 1,2	<u>12:00-1:00</u> TAI CHI Advanced/ Continuing Bill *Fee		<u>11:30-12:15</u> Throwback Thursday Fun Mickey 1,2		
12:15 PM - 12:45 PM	<u>1:00-2:00</u> TAI CHI Beginner Bill *Fee			MINI YOGA Mickey		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> .
5:30 PM - 6:15 PM	Cardio Strength Penny 1,2,3	<u>5:15-6:00</u> ReBOOT! Sandy 3	Cardio Strength Cynthia 1,2,3		<u>4:45-7:00</u> Youth Ballet Dance Classes *Program Fee Group Ex Studio Brooke	
6:00 PM - 7:00 PM	<u>6:15-7:15</u> FUNCTIONAL YOGA Kimberly	Advanced Weight Training Beth 2,3	<u>6:15-7:00</u> Cardio Kickbox Alyssa 1,2,3	Weight Training Complexes Kimberly 1,2,3	Schedules available on our mobile app! Download by searching Butler County Family YMCA  	
6:15 PM - 7:30 PM				Vinyasa Yoga Group Cycle Studio Rachel 1,2,3	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.	
7:15 PM - 8:15 PM	ZUMBA® Kati 1,2,3		Adult Ballet/Jazz Combo *Program Fee Group Ex Studio Molly April 8-May 20	<u>7:30-8:30</u> TAI CHI Beginner Continuing Bill *Fee	★ This symbol indicates the class will be held in the Program Center.	

FITNESS CLASS DESCRIPTIONS

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.

AM Yoga/Mini Yoga - All inclusive and accessible practice for everyone offering many options in all the poses.

Barre & Barre Blend - 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.

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 Kickbox - Perfect for the beginner and elite fitness enthusiast alike! This fat-burning workout combines cardio kick-boxing with body-sculpting HIIT moves choreographed to the hottest music mixes. Get lean, get toned, and feel unstoppable in the class that's high-energy and super addicting! Ready to become a total knockout?

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 Strength - Awesome music, abs, cardio and weights! Using max interval training we will complete a high intensity workout, incorporating plyometric, weights and a variety of equipment!

Cardio Strength Intervals - varying time lengths of body weight cardio combined with strength training for a high intensity total body workout. Keep your heart rate high and build strength for improved stamina!

Cardio Surprise - This is a FUN, high energy class that will mix cardio with balance, agility, coordination and body weight strength. Class format is Instructor choice.

Fun Friday Step Party - combination of all step modalities...intervals/ combinations/ HIIT... whatever is fun!

Functional Yoga - Yoga that is designed to be useful in your every day life. Emphasis on mobility over flexibility. In order to move freely and easily, you need a combination of strength, suppleness, balance & coordination. The class will intentionally provide variability to challenge you. This is an opportunity to understand your body better. Class will also incorporate the mini ball to work our deep core muscles more efficiently and effectively. Class is for all levels. Prior Yoga experience not necessary, but participants need to be able to get up and down from the mat easily and willingness to pace yourself.

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

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!

My Y Time - Creative play space for children & parents to move, play & connect. Music, movement, and imagination.

ReBOOT - This class will restart your focus on YOU! Expect it to be hard, Level 3. Driving Cardio, Explosive Strength, FUN, Nice People, and Time Efficient! Modifications for everyone. You CAN do it!

Strength Combos - This class will focus on strengthening 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. Beginner class is offered one day per week. Beginner Continuing—must know Forms 1-8. Advanced class is two days per week. Registration and fee required.

Throwback Thursday Fun- A little dance & fun, low impact cardio and strength to great music!

Vinyasa Yoga - Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga, it is sometimes confused with "power yoga". Vinyasa classes offer a variety of postures and no two classes are ever alike.

Weight Training Complexes - A complex is a series of 4-5 strength movements performed back-to-back with little rest. Your break is between the complex rounds. Complexes are great for building muscle and endurance, adding strength-based cardio to your workouts and burning fat. Class will utilize a variety of equipment: dumbbells, barbells, step, stability ball, bosu and more! Core strength components of the class will utilize the mini ball to work deep core muscles smarter, more efficiently and effectively.

ZUMBA® - This class fuses Latin rhythms and easy to follow moves to create a dynamic workout! Achieve long-term benefits while experiencing an absolute blast in one exhilarating hour meant to tone & sculpt your body & burn fat.

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:
Membership & Healthy Living Director
Heidi Nicholls Bowser
Group Exercise Coordinator - Mickey Stewart
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