



# LAND FITNESS SCHEDULE Begins January 2, 2023



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/Nichole Emerick/Heather Gerlach/Rochelle Graham/Penny Guiste

Sandy Ihlenfeld/Cynthia Johnston/Jamie Knauff/Barb Maxwell/Tammy McGaughey/Heidi Nicholls-Bowser

Alice O'Melia/Evonne Patterson/April Payne/Mickey Stewart/Jake Taciuch/Bill Weber/Kati Weiland

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 7:00 AM	ALL Weight Training Tammy 1,2,3		ALL Weight Training Tammy 1,2,3			7:15-8:15am ALL Weight Training Rotation 1,2,3
SEE TIMES		8:00-8:45am YOGA FOR ALL Mickey	9:00-9:45am Functional Walk Gym 1 Evonne 1,2,3		8:00-9:00am YOGA FOR ALL Mickey	8:30-9:30am 20/20/20 Penny B., Jamie or Rochelle1,2,3
8:50 AM - 9:50 AM		ALL Weight Training Sandy 1,2,3		ALL Weight Training Sandy 1,2,3		
9:30 AM - 10:15 AM	Classic Step Party Heidi 1,2,3		CORE WORX Barb 2,3		Step 45 Fun Mickey 1,2,3	
10:00 AM - 10:45 AM	10:30-11:00am Recover/Restore/Renew April 1,2,3	Glute-Camp MaXX Heidi 2,3		Bootcamp MaXX Cardio Cynthia 2,3	10:30-11:15am Circuit Strength Training Cynthia 1,2,3	
11:00 AM - 11:45 AM	10:45-11:30am BASIC YOGA FLOW Program Center Dee ★	BARRE Barb 1,2,3	HATHA YOGA Program Center Dee ★		CHAIR YOGA Program Center April ★	SUNDAY 1:00-1:45pm Functional Walk Gym 1 Nichole 1,2,3
11:30 AM - 12:30 PM	Tai Chi Advanced Bill *Fee Jan 9-Feb 21			Tai Chi Advanced Bill *Fee Jan 12-Feb 23		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 class! You can adjust your workout to what you like.
12:30 PM - 1:30 PM				Beginner Tai Chi Bill *Fee Jan 12-Feb 23		
						 
5:15 PM - 6:00 PM			Classic Step Party Sandy 1,2,3			
5:30 PM - 6:15 PM	Pumped Up HIIT w/ Awesome Arms & ABS Penny 2,3	5:30-6:30pm 20/20/20 Nichole 1,2,3		Bootcamp MaXX PM Heidi 2,3		★ This symbol indicates the class will be held in the Program Ctr.
6:30 PM - 7:15 PM			Cardio Dance Party Kati 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			Tai Chi Advanced PM Bill *Fee Jan 12-Feb 23	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.	

# FITNESS CLASS DESCRIPTIONS

**20/20/20** - This total body, fusion type class takes you through 20 minutes of cardio, 20 minutes of strength training and 20 minutes of dynamic core work!

**ALL 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 and conditioning.

**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 and other disciplines like yoga and pilates, the class will focus on strength training combined with range-of-motion movements.

**Basic Yoga Flow** - This class incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation and guided relaxation.

**Bootcamp MaXX** - 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 Dance Party** - A mix of different cardio dance styles sure to get you movin' and groovin'!

**Chair Yoga** - Introductory class that will help you to increase flexibility, balance & range of motion while seated in a chair. If you can't stand for long periods of time or if you are recovering from injury, this is the class for you!

**Circuit Strength Training** - Level-UP your fitness with this circuit-based class that combines elements of HIIT along with strength training circuits that will bring your fitness to the NEXT LEVEL!

**Classic Step Party** - Dance party music and all of the classic step moves you love will give you a heart pumping and fat burning workout like you won't believe! Additional strength & core work round out this FUN workout!

**Core Worx** - This 45-minute class features intense **CORE ACTIVATION**, using both dynamic large muscle group exercises, plus targeted core strength and stability!

**Functional Walk** - This cardiovascular class will set distance and time goals for variable-paced walking.

**Functional Yoga** - In order to move freely and easily, you need a combination of strength, suppleness, balance, and coordination. This class emphasizes correct form, mobility and strength over flexibility. We will also incorporate the mini ball to work our deep core muscles more efficiently and effectively.

**Glute-Camp MaXX** This is a high intensity workout that is specially designed to target the glutes and lower body. Dynamic exercises, Cardio H.I.I.T. training and targeted glute exercises will give you a BURN you will feel!

**Hatha Yoga** - Because of its slower pace, **Hatha** is a great class if you're just starting your **yoga** practice. Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

**Interval Strength** - This class will be time based (interval) strength training which can include body weight exercises as well as use of a variety of equipment, dumbbells, steps, ball, sliders etc. Similar to AWT, but time based rather than reps.

**Pumped UP HIIT w/Awesome Arms & ABS** - All you need is your BODY to CRUSH this full body HIIT workout! MAX results by pumping and building strength in record time! Finish with Awesome Arm & AB work!

**Recover/Restore/Renew** - Posture-improving, stability-increasing stretching. Give yourself some time to let those muscles recover. Great for all fitness levels. Must be able to work from the floor.

**Step 45 FUN!** - combination of all step modalities...intervals/ combinations/ HIIT... whatever is fun!

**Tai Chi (Beginner & Advanced)** - 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 applies, please register.

**Yoga For All** - All inclusive and accessible practice for everyone offering many options in all the poses.

**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**