



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Free Group Exercise

Spring I : February 23 - April 12
South City Family YMCA

Studio A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CRT 05:05-05:55am Todd	Circuit Training 05:05-05:55am Stan	CRT 05:05-05:55am Todd	Circuit Training 05:05-05:55am Stan	CRT 05:05-06:00am Todd		
	Yoga 06:00-06:55am Julie	Circuit Training 06:00-06:55am Clayton	Turbo Kick 06:00-06:50am Kate/Amy	PiYo Live 06:00-07:15am Amy/Dana		
	Power Yoga 08:00-08:55am Cindy				Zumba Gold 08:00-08:55am Gale	
Y-Strength 09:00-09:55am Chip	Super Step 09:00-09:55am Eileen	Y-Strength 09:00-09:55am Liz	Turbo Kick 09:00-09:25am Eileen	Yoga 09:00-09:55am Kate	Zumba 09:00-09:55am Dana	Yoga 09:30-10:45am YMCA Staff
			Insanity 09:25-09:55am Eileen			
PiYo Live 10:00-11:15am Amy	Ballet Sculpt 10:00-10:55am Eileen	Zumba 10:00-10:55am Tristan	PiYo Live 10:00-11:15am Eileen	R.I.P.P.E.D. 10:00-10:55am Karen	Y-Pump 10:00-10:55am Brittany	Zumba 10:00-11:30am Lena/Tristan
	Circuit Training 12:05-12:50pm Liz	Yoga 12:00-12:55pm Julie	Circuit Training 12:05-12:50pm Liz			
Body Blast 04:30-05:25pm Eileen						
Turbo Kick 05:30-06:25pm Eileen	Y-Strength 05:30-05:55pm Chip	Turbo Kick 05:30-06:15pm Brittany	Y-Strength 05:30-05:55pm Chip	Insanity 05:30-06:25pm Eileen		
Power Yoga 06:30-07:25pm Shannon	Core & More 06:00-06:25pm Chip	PiYo Live 06:20-07:25pm Dana	Core & More 06:00-06:25pm Chip			
	Zumba 06:30-07:25pm Dana		Zumba 06:30-07:25pm Lena			
Exerball 07:30-08:25pm Linda	Pilates 07:30-08:25pm Linda	Exerball 07:30-08:25pm Linda	Yoga 07:30-08:25pm Jenn			
Studio B						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Yoga 08:30-09:25am Cindy			
		Pilates Fusion 09:00-09:55am Kate				
Ballet Sculpt 07:30-08:25pm Ashley						



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Descriptions

BALLET SCULPT - Strengthen and tone the body using ballet moves to sculpt muscles and improve strength and flexibility. Class uses the bar for balance and lengthening.

BODY BLAST - High intensity intervals of strength and cardio balls, bands and weight and bodyweight for overall conditioning.

CRT - Cardio Resistance Training. This class alternates intervals of intermediate choreographed cardio with strength training exercises for a full body workout. Equipment used can include step, stability ball, weight, glide discs and one's own body weight.

CIRCUIT TRAINING - This class will kick you into gear by rotating you through multiple muscular endurance and cardio endurance stations. Intensity increases with each completed circuit, so prepare for a challenge.

CORE & MORE - This class is a strength and endurance class that focuses on the core muscles including the abs, back, glutes, hamstrings and quads.

EXERBALL - This class primarily uses the stability ball but will incorporate other tools such as medicine balls, small pilates balls and hand weights.

INSANITY - Bursts of plyometric drills on top of non-stop intervals of strength, power, resistance, and core training!

PIYO LIVE - Strength training and core conditioning for people who want to SWEAT their way to sculpted abdominals, increased core strength, and greater stability. You will use skills from Yoga, Pilates, Plyometrics, and Dynamic Strength. Good for all levels.

PILATES - A complete body conditioning class that uses the "power house" muscles of abdomen, lower back, hips, and glutes while lengthening the muscles.

PILATES FUSION - Strengthen your core, tone your body, and increase your flexibility using a mix of pilates mat work, stability ball, resistance bands and hand weights for a longer leaner you. All levels welcome.

POWER YOGA - This strengthening yoga class combines postures, breathing and focus to promote strength, flexibility, stamina, balance, and deep relaxation of mind and body. Perfect for Athletes!

R.I.P.P.E.D. - Total body workout utilizing resistance and cardio training. Combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet to help you attain and maintain your physique in ways that are fun, safe, doable, and extremely effective.

SUPER STEP - Now that you have the basics, have fun learning new patterns in this quicker paced class. Get the high energy and challenging choreography in this intense workout that will increase your cardiovascular and muscle endurance.

TURBO KICK - Hip Hop meets kickboxing! Enjoy specially development movement patterns, combinations and techniques specific to boxing teamed up with the intensity and style of hip hop. This is an ultimate cardiovascular challenge and easy to follow combinations.

Y-PUMP - This is an individualized muscle endurance class using bars and free weights that is suitable for all fitness levels. Eight muscle endurance segments target each major muscle group and encourage bodies to work longer!

Y-STRENGTH - A muscle toning class that is a mix of endurance and strength designed to strengthen,



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define and tone both large and small muscle groups.

YOGA - This class will help you build strength, improve posture, flexibility and balance through combinations of breathing and yoga postures.

ZUMBA - Dance your way to a fitter you with exciting and unique Latin moves and rhythms. Zumba® is a total body workout with emphasis on the core. It's intense but so Fantastically Fun that you forget how hard you are working!! Zumba is the class that is taking the world by storm. Don't miss it!

ZUMBA GOLD - Zumba Gold™ is specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA and bring them to the active older adult, the beginner participant and other special populations that may need modification for success. Includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dancing and more.