

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

The Freeman Southwest Family YMCA

Effective January 4th 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:00 – 6:45 am Muscle Pump Rachel		6:00 – 6:45 am Muscle Pump Rachel	
9:00-9:55 a.m. Floor Aerobics Heather	9:00 – 9:30 am Spinning Cortney	9:00 – 9:55 am Floor Aerobics Heather	9:00 -9:45 am Spinning Cortney	9:00-9:55 a.m. Beginning Step Heather
	9:30-10:00 a.m. Ball & Bar Cortney		9:45-10:15 am Power Core & More Cortney	
10:00 – 10:55 am Muscle Pump Rachel		10:00 – 11:00 am Zumba® Michelle		
	10:30-11:15 am Pilates Peggy			10:30-11:15 am Pilates Peggy
11:45-12:30 p.m. SilverSneakers® Kathie				
	5:00 – 6:00 pm Muscle Pump Rachel			
		5:30-6:30 p.m. Dance Yourself Fit Ashlie		
5:45-6:45 p.m. Bootcamp Sarah/Bob/Esther			5:45-6:45 p.m. Bootcamp Bob	
	6:00-7:00 p.m. Spinning & Sculpt Sarah		6:00-7:00 p.m. Spinning & Sculpt Sarah	
6:30-7:30 p.m. Zumba® Lyn				
7:30-8:45 p.m. Tango	7:00-8:00 p.m. Closed for Karate		7:00-8:00 p.m. Closed for Karate	

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Please arrive five minutes before classes start. Getting proper instruction and equipment out makes for a great class!

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Absolute Abs - The entire class focuses on strengthening and toning the abdominal and core region.

Ball & Bar Group strength training for all fitness levels set to music using barbells, dumbbells, swiss balls and resista-bands. Focuses on major muscle groups in upper and lower body parts plus abdominals. Improve muscular tone, endurance and strength.

Beginning Step This step class will challenge you mentally and physically. The choreography is at the beginner level and is guaranteed to keep you moving and thinking.

Bootcamp - Achieve your fitness goals with this military inspired circuit workout. Calisthenics and training drills will focus on developing strength, stamina and agility.

Cardio Dance Mix - A dance influenced aerobic workout that will leave you ready for more! Enjoy all the dance styles!

Floor Aerobics- Low impact aerobics designed to get your heart rate up and your body moving!

Muscle Pump - Class will strengthen your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Pilates - Incorporating alignment, breakdown of basic poses and breath awareness, this class moves at a pace just right for you. Perfect for beginners.

Power Core & More - This class works it all! Bands, stability balls and weighted balls are used to challenge your muscles in new ways, while getting a great cardio workout at the same time.

SilverSneakers® - 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. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

Spinning - A low-impact, high cardio indoor cycling class.

Spinning & Sculpt - 30 minutes of spinning with 30 minutes of strength and conditioning!

Zumba® - fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

XTREME Conditioning- Toning and endurance exercises that will have you feeling stronger in no time.

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