



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

EXXONMOBIL YMCA

Fall 2018

Schedule Begins
October 1st and is
subject to change,
please call 906-5424
to confirm a class
date and time.

****New Class Alert**
Zumba®
Wednesdays
@5pm

(* means classes
are in the gym

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 – 8:30am Walk Group Cherry / Thomas	7:30 – 8:30am Walk Group Cherry/ Thomas	7:30 – 8:30am Walk Group Cherry / Thomas	7:30 – 8:30am Walk Group Cherry / Thomas	7:30 – 8:30am Walk Group Cherry /Thomas	7:30 – 8:30am Walk Group Cherry / Thomas	
7:30-8:30am Yoga Coco	8:30-9:30am Pilates Marsha / Mary	7:30-8:30am Yoga Coco	8:30-9:30am Pilates Mary	7:30-8:30am Yoga Coco	9:30-10:30am H.I.I.T. Keldric	
8:30-9:30am Line Dance Gwen	9:30-10:30am Body Sculpt Kiki	8:30-9:30am Line Dance Gwen	9:30-10:30am Body Sculpt Kiki	8:30-9:30am Line Dance Gwen		
9:30-10:30am Boot Camp Melody		9:30-10:30am Boot Camp Melody				
*9:30-10:30am AOA Marsha	*9:30-10:30am AOA Marsha			*9:30-10:30am AOA Marsha		
5:30-6:30p Run Club Kenny	5:30-6:30p H.A.B.I.T. Kenny	5:00-6:00pm Zumba® Coco	*5:30-6:30pm Boot Camp Keldric	5:00-6:00pm Outdoor Circuit Kenny		
*5:30-6:30pm Boot Camp Keldric		*6:00-7:00pm H.I.I.T. Keldric	6:30-7:30pm Cardio Step John			
6:00-7:00pm Yoga Coco		6:00-7:00pm Yoga Coco				

Class Descriptions:

Cardio, Strength, and Core Classes

Body Sculpting - Come and tone your muscles in this high intensity workout class by using a variety of resistance training equipment that will work out your total body. You will also get your heart pumping for a great cardiovascular workout.

Circuit Training - This is a high intensity circuit class incorporating components such as aerobic conditioning, agility, balance, speed, and muscular endurance. In this class, you may be using your own body weight or various props such as weights, body bars, BOSU, jump ropes, medicine balls and much more.

H.A.B.I.T. (Hips, Abs, Butts, and Incredible Thighs!!!)

This is a muscle strengthening class that targets the hips, abs, butt, and thighs. We will incorporate resistance equipment like dumbbells, body bars, and bands into this class to increase intensity. If you didn't know that there are over 600 muscles in the human body, you will after this class.

H.I.I.T. - High-intensity interval training, this interval training class alternates periods of short intense anaerobic exercise with less-intense recovery periods. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning.

Line Dance- Line is easy to learn, mainly because the steps are straight forward and you do not have to coordinate your movements with a partner. Line dances also involves repeating series of steps, so if you get lost, you could easily catch up with the class.

Step N Tone - This class is designed to help you achieve cardiovascular and muscular fitness simultaneously. With alternating step combinations and toning exercises you'll have so much fun sculpting major muscle groups and putting together dance-like combinations you'll forget that you are working out.

Zumba® - Zumba! Is a fusion of Latin and International music/dance themes that create a dynamic and exciting, yet easy to follow class? It combines high energy and motivating music with unique moves and combinations making for a "feel free" workout that is great for both the body and the mind!

Spirit, Mind, and Body Classes:

Pilates - This class will teach traditional mat Pilates that can be done anywhere and is designed to lengthen and strengthen your entire body using core muscles. These movements will help you gain posture, alignment, balance, and flexibility. It is a fresh spin on basic Pilates mat work out using all sorts of props rings and balls to name a few. Each class will be introducing new choreography for a fun, exciting, and effective workout.

Yoga - This class will go through a series of poses; designed to help with physical alignment, with an understanding of correct anatomical movements and various deep relaxation techniques. It increases strength, flexibility, and awareness of the body to develop a more healthful movement. Gain the benefits of stretching, core strengthening, overall body toning and awareness. The benefits will enhance strength, posture, flexibility, and balance. You will leave with an overall sense of well-being

For Our Active Mature Member

A.O.A (Active Older Adults) - Come and join our low impact senior aerobics class formatted especially for active older adults. This class includes low intensity cardiovascular segments with emphasis on stretching, toning, and full range of motion exercises.

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