

# HALE YMCA YOUTH AND FAMILY CENTER

# GROUP EXERCISE SCHEDULE

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

New Schedule  
Sept 1 – Dec 31, 2019

GROUP EXERCISE – LAND BASED

## MONDAY

### GROUP CYCLE

5:30-6:15 AM  
Earl 1, M

### PILATES

8:15-9:00 AM  
Melanie 2, M

### ZUMBA

9:15-10:10 AM  
Jamie F 1, F

### STRENGTH TRAIN TOGETHER

10:15-11:15 AM  
Courtney 2, M

### SENIOR STRENGTH & BALANCE

10:15-11:00 AM  
Cindy 2, M

### VINYASA YOGA

11:30 AM-12:45 PM  
Mary 1, M

### ZUMBA

4:30-5:20 PM  
Jaimee T 1, F

### TNT ACTIVE YOUTH

4:30-5:20 PM  
Nicole Age 8-14

### TRX EXPRESS

5:30-6:00 PM  
Christina 2, A

### STRENGTH TRAIN TOGETHER

5:30-6:30 PM  
Jaimee T 2, M

### POUND

6:45-7:30 PM  
Renee 1, F

## TUESDAY

### MIXFIT

5:15-6:00 AM  
Brianna 1, A

### HIIT

9:00-10:00 AM  
Courtney 1, M

### GROUP CYCLE EXPRESS

9:15-9:45 AM  
Jenn 1, M

### TAG (Thighs Abs Glutes)

10:00-10:30 AM  
Christina 2, F

### VINYASA YOGA

12:30-1:45 PM  
Michelle 1, M

### HIIT

4:30-5:20 PM  
Nicole A 1, A

### GROUP CYCLE

5:30-6:20 PM  
Nicole 1, M

### TAG (Thighs Abs Glutes)

5:30-6:00 PM  
Sarah 2, F

### GENTLE YOGA

6:30-7:45 PM  
Bonny 1, F

## WEDNESDAY

### GROUP CYCLE

5:30-6:15 AM  
Earl 1, M

### MIXFIT

6:15-7:10 AM  
Brianna 1, A

### GROUP CYCLE EXPRESS

8:30-9:00 AM  
Jenn 1, M

### LIFT

9:00-9:55 AM  
Brianna 2, A

### STEP

10:00-10:45 AM  
Christina 1, M

### SILVER SNEAKERS @ CLASSIC

10:15-11:00 AM  
Debbie 1, M

### VINYASA YOGA

11:30 AM-12:45 PM  
Michelle 1, M

### BOSU

4:30-5:20 PM  
Nicole 1, M

### TNT YOGA

4:30-5:15 PM  
Michelle Age 8-14

### TRX EXPRESS

5:30-6:00 PM  
Stacy 2, A

### LIFT

5:30-6:30 PM  
Nicole 2, M

## THURSDAY

### LIFT

5:15-6:00 AM  
Brianna 2, A

### TRX EXPRESS

5:30-6:00 AM  
Earl 2, M

### LIFT

8:15-9:00 AM  
Brianna 2, A

### TRX EXPRESS

8:30-9:00 AM  
Tina 2, A

### ZUMBA

9:15-10:10 AM  
Melanie 1, F

### CHAIR YOGA

10:30-11:15 AM  
Michelle 1, F

### VINYASA YOGA

11:30-12:45 PM  
Michelle 1, M

### STRONG

5:00-5:55 PM  
Jaimee 1, M

### GROUP CYCLE

5:30-6:20 PM  
Nicole 1, M

### ZUMBA

6:00-7:00 PM  
Martha 1, F

## FRIDAY

### GROUP CYCLE

5:15-6:15 AM  
Jenn 1, M

### MIXFIT

6:15-7:10 AM  
Brianna 1, A

### PILATES

8:45-9:30 AM  
Tina 2, M

### STRENGTH TRAIN TOGETHER

10:00-11:00 AM  
Christina 2, M

### SENIOR STRENGTH & BALANCE

10:15-11:00 AM  
Cindy 2, M

### HIIT

4:30-5:15 PM  
Nicole A 1, A

### STRENGTH TRAIN TOGETHER

5:30-6:30 PM  
Courtney 2, M

## SATURDAY

### GROUP CYCLE & STRENGTH

7:30-8:20 AM  
Nicole 1, A

### INSANITY

7:30-8:20 AM  
Sarah H 1, A

### ZUMBA TONE

8:30-9:20 AM  
Sarah or Jaimee 1, F

### BOSU

9:30-10:20 AM  
Brianna 1, A

### GENTLE YOGA

10:30-11:45 AM  
Bonny/Rhonda 1, F

## SUNDAY

### ZUMBA GOLD

9:15-10:00 AM  
Sarah 1, F

### STRENGTH TRAIN TOGETHER

10:30-11:30 AM  
Christina 2, M

## WATER EXERCISE – POOLS

### MON/WED/FRI

**AQUA FITNESS**  
8:00-8:55 AM  
Cindy 1, M

**Silver Sneakers@ SPLASH**  
12:00-12:45 PM  
Debbie/Kattie 1, M

### WED ONLY

**AQUA ZUMBA**  
6:30-7:30 PM  
Sarah G 1, M

### TUES/THURS

**AQUA FITNESS**  
9:00-9:45 AM  
Cindy/Carey 1, M

**GENTLE JOINTS**  
12:00-12:45 PM  
Dawn/Melanie 1, M

**AQUA FITNESS**  
5:30-6:30 PM  
Dawn/Kattie 1, M

**\*TNT AQUA Z**  
Tues Only 6-6:45 PM  
Sarah G

Purple = Studio A

Orange = Studio B

Green = Gym

Blue = lap pool

Pink = warm pool

Pre-registration is recommended for popular classes:

supersaas.com/  
schedule/hale\_YMCA/  
save\_my\_Spot

Classes begin on time. Please arrive 5-10 min early for equipment set up. You may lose your spot if you're late or not set up ahead of class.

### Codes

1 = GHSD Cardio/MB

2 = GHSD Strength

M - For Most

A - Advanced

TNT - Tween & Teen

F - Families welcome

8-12 y/o attend with parent, must participate appropriately

**Notes:** 1. Class schedule is subject to change 2. Proper attire & footwear is required 3. Refrain from using electronic devices during classes 4. You are encouraged to bring a water bottle and towel 5. \*TNT = Tween and Teen only: age 8-14 starts the week of 9/9/19.

## CLASS DESCRIPTIONS

**AQUA FITNESS** – Aqua fitness provides a combination of cardio and strength conditioning with low impact on your joints. Participation in the class will improve cardiovascular endurance and muscle strength.

**BOSU** – BOSU is an acronym for “both sides up,” this class is multi-dimensional training class that integrates core strength, balance, coordination and resistance training in a fun-filled and challenging workout.

**CHAIR YOGA** – Perfect for all levels, chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. This flow is also perfect for those wanting to learn to stretch your body and relieve tension while at work, without leaving your office chair. Open your hips, move your shoulders and neck, and find length in your spine with this chair yoga flow.

**GENTLE JOINTS** – Gentle range of motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyance and gentle resistance of an aquatic environment.

**GENTLE YOGA** – Perfect for all levels, this practice focuses the healing art Yoga on the student, while remaining deeply rooted of the vast treasury of the spirituality & wisdom within the yoga tradition.

**GROUP CYCLE** – A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat.

**GROUP CYCLE EXPRESS** – A 30-minute version of our Group Cycle class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat. Appropriate music is played to help motivate you through the ride.

**GROUP CYCLE & STRENGTH** – Burn optimal calories through cardio and muscle conditioning combined into one class. Cycling challenges the heart and lungs. The addition of a variety of strength movements with weights and bodyweight will continue to challenge your muscles off the bike. Instructor will help with the initial adjustment of the bikes for comfort and safety.

**HIIT** – HIIT is a form of interval training with an exercise strategy alternating periods of short intense exercise with less intense recovery periods. Intense cardiovascular exercise that improves athletic capacity and condition. Also improves fat burning and glucose metabolism.

**INSANITY** – INSANITY is a cardio class based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape -- levels of each exercise are provided. Time to dig deep!

**LIFT** – LIFT is a powerful strength and conditioning class that uses a variety of equipment to strengthen and tone all major groups. It is the closest you can come to a personal training session without paying for one.

**MIXFIT** – Cardio and Strength combined. This trainer-led circuit class targets aerobic fitness and muscular endurance simultaneously.

**PILATES** – Based on the fundamentals of Joseph Pilates' principles, this class will focus on your body core. This method of total body conditioning trains both body and mind with a series of exercises that focus on increasing a balance of strength and flexibility through a use of flowing movements and breathing.

**POUND** – POUND! full-body cardio interval training & conditioning. Drumming provides a challenging, heart-pumping workout using lightly weighted exercise drumsticks called RipStix.

**Silver Sneakers® Classic** – focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

**SENIOR STRENGTH & BALANCE** – A perfect fit for the beginner or anyone looking to improve flexibility and strength, two factors that have been proven to help reduce falls and improve balance.

**Silver Sneakers® Splash** – A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The **STRONG** – Packs a challenging total-body workout into 30 minutes. A mix of martial arts and HIIT, this efficient and focused class helps you fit fitness into any schedule. Pre-registration on Supersaas is helpful but not required.

**STEP**– Fun, fast-paced class on the “Step.” Get a great cardio and lower-body workout while learning fun combinations. Modified for beginner, intermediate, and power moves for advanced participants.

**STRENGTH TRAIN TOGETHER**– STRENGTH TRAIN TOGETHER is the most enjoyable way to train! This class will blast all your muscles with high-rep weight training. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Music and a group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

**TAG** – TAG focuses on toning and strengthening the core down to the lower body, specifically isolating the Thigh, Abdominal, hips, and Glute muscle groups.

**TNT ACTIVE YOUTH** – Fitness for ages 8 – 14. 20 minutes cycle, 20 minutes strength and 10 min stretch. Must meet be at least 58 inches tall to participate.

**TNT Aqua Z** – Water fitness ages 8 – 14. Known as the Zumba “pool party”, Aqua Zumba gives new meaning to the idea of a fun workout. Must have completed Test Mark Protect and wear bracelet to participate.

**TNT YOGA** – Yoga for ages 8 – 14. Emphasis on movement, balance and intention. Fun, Dynamic, challenging program.

**TRX EXPRESS**– High Intensity Interval Training (HIIT) technique of Tabata intervals is used to supercharge your TRX Suspension Training workout. The Tabata technique alternates periods of high intensity exercise with short rest periods for a specified number of sets. Constantly challenging yourself is the key to getting results.

**VINYASA YOGA**– A dynamic and fluid Yoga style in which a specific sequence of breath-synchronized movements is used to transition between sustained postures. The linking vinyasas bring the body back to neutral so that one can fully feel the energetic effects of the practice. By emphasizing the breath throughout the Yoga practice the intention is one of a relaxed and rejuvenated mind and body.

**POWER YOGA**– heals, detoxifies and exhilarates the body and mind – emphasis on movement, balance and intention. Dynamic, challenging program that combines strength, sweat and spirituality.

**ZUMBA** – Zumba® consists of Latin rhythms with cardio exercise to create an aerobic routine that is fun and easy to follow. The name Zumba® is derived from a Columbian word meaning to move fast and have fun.

**ZUMBA GOLD** – Zumba® GOLD is a low impact dance fitness class perfect for beginners and all fitness levels. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

**ZUMBA TONE** – A blend of body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.