



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule Dunigan Family YMCA Dec. 10-Jan. 2, 2019

Saturday

TIME	CLASS	ROOM
6:45-7:50 AM	BODYPUMP™	MPR
8:00-8:30 AM	SHOCKWAVE (30)	HLC
8:00-8:55 AM	BODYATTACK™	PC
8:00-8:55 AM	PIYO®	GXS
8:00-9:05 AM	BODYPUMP™	MPR
8:35-9:05 AM	CXWORX™	HLC
9:15-10:00 AM	RPM™	CYCLE STUDIO
9:15-10:10 AM	BODYSTEP™	MPR
9:15-10:15 AM	ZUMBA®	HLC
10:30-11:30 AM	PILATES	HLC

Sunday

TIME	CLASS	ROOM
2:00-3:05 PM	TOTAL STRENGTH	MPR
3:00-4:00 PM	YOGA	HLC
3:30-4:00 PM	GRIT™	PC
4:00-5:00 PM	CYCLE	CYCLE STUDIO
4:45-5:45 PM	ZUMBA®	PC

Monday

TIME	CLASS	ROOM
5:10-5:55 AM	RPM™	CYCLE STUDIO
8:00-8:55 AM	BARRE BODY	MPR
8:15-9:00 AM	BODYATTACK™ (45)	PC
9:05-10:05 AM	TOTAL BODY FITNESS	MPR
9:15-10:10 AM	POWER CARDIO	PC
9:15-10:00 AM	RPM™ (45)	CYCLE STUDIO
10:10-11:05 AM	YOGA FLOW	GXS
10:15-10:45 AM	GRIT™	MPR
11:00-12:00 PM	ZUMBA®	MPR
12:15-12:45 PM	BODYATTACK™ (30)	PC
12:15-1:00 PM	BORN TO MOVE™	HLC
12:15-1:20 PM	BODYPUMP™	MPR
3:25-4:25 PM	BODYPUMP™	MPR
4:30-5:15 PM	BODYSTEP™ (45)	MPR
5:30-6:15 PM	RPM™	CYCLE STUDIO
5:30-6:15 PM	BODYCOMBAT™ (45)	HLC
5:30-6:30 PM	ZUMBA®	MPR
5:30-6:30 PM	YOGA	GXS
6:30-7:00 PM	CXWORX™	HLC

Tuesday

TIME	CLASS	ROOM
5:10-5:55 AM	BODYPUMP™ (45)	MPR
5:15-6:15 AM	HOT YOGA	GXS
8:00-8:55 AM	ZUMBA®	HLC
8:15-8:45 AM	RPM™ (30)	CYCLE STUDIO
8:15-8:45 AM	SHOCKWAVE (30)	MPR
9:00-9:30 AM	CXWORX™	HLC
9:00-10:05 AM	BODYPUMP™	MPR
9:05-10:20 AM	WARM YOGA 85°	GXS
10:05-10:50 AM	BODYCOMBAT™ (45)	MPR
12:15-1:00 PM	BODYSTEP™ (45)	MPR
12:15-1:00 PM	HOT YOGA	GXS
4:20-5:25 PM	BODYPUMP™	MPR
5:30-6:00 PM	GRIT™	PC
5:30-6:15 PM	SH'BAM™	MPR
5:30-6:45 PM	WARM YOGA 90°	GXS
5:30-6:00 PM	KIDS YOGA (6 & UP)	YDC
5:45-6:15 PM	RPM™ (30)	CYCLE STUDIO
6:05-6:35 PM	BODYATTACK™ (30)	PC
6:15-6:45 PM	ATHLETIC STRETCH (30)	HLC
6:30-7:35 PM	BODYPUMP™	MPR

Wednesday

TIME	CLASS	ROOM
5:10-5:40 AM	RPM™ (30)	CYCLE STUDIO
5:10-5:40 AM	BODYATTACK™ (30)	MPR
5:40-6:10 AM	CXWORX™	MPR
8:00-9:00 AM	TOTAL STRENGTH	MPR
8:15-9:00 AM	CANCER THRIVERS	HLC
8:30-9:00 AM	GRIT™	PC
9:00-9:45 AM	BABY-N-ME YOGA	GXS
9:05-10:00 AM	BODYATTACK™	PC
9:05-10:05 AM	TOTAL BODY FITNESS	MPR
9:15-10:00 AM	RPM™ (45)	CYCLE STUDIO
9:15-9:45 AM	KIDS YOGA (3-5 YRS)	YDC
10:10-11:05 AM	YOGA FLOW	GXS
10:10-11:05 AM	PILATES	HLC
12:15-1:05 PM	BODYPUMP™ (45)	MPR
3:45-4:20 PM	BODYPUMP™ (30)	MPR
4:30-5:00 PM	KIDS BOOT CAMP (6 & UP)	YDC
4:30-5:25 PM	BODYATTACK™	PC
4:30-5:15 PM	BODYCOMBAT™ (45)	MPR
5:30-6:25 PM	BODYSTEP™	PC
5:30-6:30 PM	YOGA FLOW	GXS
5:30-6:15 PM	RPM™ (45)	CYCLE STUDIO
5:45-6:45 PM	ZUMBA®	MPR
6:30-7:30 PM	PILATES	HLC

Thursday

TIME	CLASS	ROOM
5:10-5:40 AM	BODYPUMP™ (30)	MPR
5:15-6:15 AM	HOT YOGA	GXS
5:45-6:15 AM	GRIT™	PC
8:05-8:50 AM	BODYSTEP™ (45)	MPR
8:15-8:45 AM	RPM™ (30)	CYCLE STUDIO
9:00-9:30 AM	CXWORX™	PC
9:00-10:05 AM	BODYPUMP™	MPR
9:00-10:00 AM	ZUMBA®	HLC
9:05-10:00 AM	WARM YOGA 85°	GXS
9:45-10:30 AM	SHOCKWAVE	PC
10:15-10:45 AM	WARM ATHLETIC STRETCH (30)	GXS
12:15-1:00 PM	BODYCOMBAT™ (45)	MPR
12:15-1:00 PM	WARM YOGA 85°	GXS
4:20-5:25 PM	BODYPUMP™	MPR
5:30-6:00 PM	BODYATTACK™ (30)	MPR
5:30-6:00 PM	RPM™ (30)	CYCLE STUDIO
5:30-6:15 PM	SH'BAM™	HLC
5:30-6:25 PM	WARM POWER YOGA 85°	GXS
6:15-7:00 PM	BODYPUMP™ (45)	MPR

Friday

TIME	CLASS	ROOM
5:10-5:55 AM	BODYATTACK™ (45)	MPR
8:15-9:00 AM	BODYCOMBAT™ (45)	MPR
8:30-9:00 AM	CXWORX™	HLC
9:05-10:00 AM	YOGA	GXS
9:15-10:00 AM	RPM™	CYCLE STUDIO
9:15-10:00 AM	SH'BAM™	MPR
10:05-11:00 AM	BODYATTACK™	MPR
10:10-11:05 AM	PILATES	GXS
10:15-10:45 AM	KIDS YOGA (3-5 YRS)	YDC
12:15-12:45 PM	RPM™ (30)	CYCLE STUDIO
12:15-1:20 PM	BODYPUMP™	MPR
4:45-5:15 PM	BODYPUMP™ (30)	MPR
5:30-6:30 PM	ZUMBA®	MPR

GROUP EXERCISE CLASS DESCRIPTIONS: All group exercise classes are open for ages 12 & up unless otherwise noted with an *

We recommend a SMART START for beginners. For all intermediate-advanced classes, consider a smart start and stay for the first 4 songs or 20 minutes and build up.

Athletic Stretch: *For all fitness levels;* This class is designed to help all athletes (runners, cyclists, weight lifters, etc) improve their flexibility, balance, joint mobility & breath awareness. Yoga props are used to release tight muscles and to assist in deepening the poses.

***Baby-N-Me Yoga:** *For all fitness levels;* this class is designed for Mommy and baby, ages 6 weeks to active crawler, and will focus on posture and breathing techniques for Mom, where special attention is given to the strengthening and realignment of your body, focusing on your shoulders and back. During the class, you have the option; either your baby can be in their stroller/car seat, close to you on the mat, or can participate in the movements.

Barre Body: *For all fitness levels;* tighten and tone your whole body without adding bulk in this dance-inspired fusion of Pilates, dance, cardio-sculpting and Yoga. Structured, easy-to-follow, routine set to upbeat music. No dance experience needed.

BODYATTACK™: *Intermediate-Advanced/High Intensity;* a high-energy class that combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats burning up to 730 calories and leaving you with a sense of achievement. We also have 30 & 45 min condensed high-intensity versions. Great for when you are short on time but not short on energy!

BODYCOMBAT™: *Intermediate-Advanced/High Intensity;* a high-energy, non-contact, martial arts inspired workout with no complex moves to master. You'll punch and kick your way to fitness, burning up to 740 calories along the way. You'll relieve stress, have a blast, and feel like a champ. Classes offered in 55, 45, and 30 minute workouts.

***BODYPUMP™:** *Intermediate-Advanced;* for anyone looking to get lean, toned and fit-fast. This strength training class uses the barbell and classic weights like dumbbells to work all the major muscle groups. You will use lighter weights and do more reps, achieving lean muscles instead of bulky muscles and by the end of the class will feel challenged, yet accomplished. 30 or 45 minute express options are available for those of you short on time but not short on energy. **For ages 14 & up.**

BODYSTEP™: *Intermediate-Advanced;* an energizing, full-body workout with sing a long music and great moves. This class caters to all fitness levels and you can increase or decrease the intensity of the workout by raising or lowering your height of your step.

***BORN TO MOVE™:** *For all fitness levels ; ages 6-12;* participants will learn moves from dance, martial arts and Yoga. It includes fun music and games to keep things interesting while developing fitness skills. The instructor will adapt their approach to match participant mood and energy levels so everyone leaves class feeling great.

Cancer Thrivers: *Beginner;* a program for cancer survivors. In the fight against cancer, we believe unity is strength, knowledge is power and attitude is everything. This class focuses on continued safe implementation of exercise for cancer survivors including: strength, balance, and overall cardiovascular health.

CXWORX™: *Intermediate-Advanced;* this 30-minute workout uses resistance tubes and weights to work every part of your core-upper and lower abs, oblique's and the upper and lower back as well as your butt and shoulders. This is a great compliment class too any cardio program. Participants see and feel results in their mid-section after just a few classes! It's a challenging class, but instructors will provide options to decrease intensity.

Cycle: *For all fitness levels;* this class offers great cardio benefits with no impact on the joints. Your instructor will lead you on a ride through fast, flat roads, rolling hills and long, slow climbs. 30, 45 and 60 minute classes are available. Members must pick up a class pass no more than 30 minutes prior to class time.

***Kids Boot Camp:** *For all fitness levels, ages 6-12;* Drill oriented class designed to challenge with Cross-Fit inspired exercises, relay races, obstacle courses, fitness challenges and more!

***Kids Fitness & Dance:** *For all fitness levels, ages 6-12;* perfect for our younger Zumba® fans! Kids get the chance to be active and jam out to their favorite music. Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps; add games and activities into the class structure.

GRIT™: *Intermediate-Advanced/High-Intensity;* this 30-minute high intensity interval training (HIIT) class will be GRIT Strength, GRIT Plyo, or GRIT Cardio, chosen by the instructor. Cutting edge HIIT combined with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

PIYO LIVE®: *For all fitness levels;* a combination of the best Pilates and Yoga-inspired moves and cranked up the speed to give you full throttle cardio, strength, and flexibility training-all at once. PiYo packs it all into each workout so you can build lean muscle mass-as you're burning crazy calories.

Pilates: *For all fitness levels;* a total-body conditioning workout that produce long, lean muscles while improving deep core strength, muscle control, flexibility, coordination and body tone.

Power Cardio: *Intermediate-Advanced/High-Intensity;* Intense cardio interval class that uses a variety of equipment. Prepare to sweat!

Prenatal Yoga: *For all fitness levels;* relax, stretch, breathe, and reduce stress in this Yoga class designed specifically for mothers-to-be. **Pre-registration and a Doctors release is required** - Free for members, Non-Members (\$) **Please see session and registration dates for more information on when you can join this class!**

RPM™: *Beginner-Advanced;* indoor cycling class, set to the rhythm of motivating music. Burn up to 620 calories a workout and get fit fast. You control your own resistance levels and sprint speed so you can build up your training level over time. 30, 45 and 60 minute options are available. Members must pick up a class pass no more than 30 minutes prior to class time.

Sh'Bam™: *For all fitness levels;* featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged.

***ShockWave:** *Intermediate-Advanced/High Intensity;* dubbed by the media as "the most efficient total-body workout in the world," ShockWave is extreme cross-training at its best! This circuit challenge utilizes a specially designed WaterRower machine to provide short-burst, high-intensity, calorie-torching intervals along with functional strength and sculpting stations designed to target and chisel the legs, the core and the arms. You will find yourself working harder than you ever imagined because of the camaraderie, friendly team competition and motivation designed to push you to your max effort and provide extreme results. **For ages 14 & up**

Total Body Fitness: *For all fitness levels;* Sweat to classic songs in this total body aerobics and toning class.

Total Strength: *For all fitness levels;* A total-body strength training workout using a variety of equipment.

TRX®: *Intermediate,* all Styles of TRX® deliver a fast, effective total-body workout, helps build a rock-solid core, increases muscular endurance and benefits people of all fitness levels. **Pre-registration is required** - Free for members, Non-Members (\$) **Please see session and registration dates for more information on when you can join this class!**

***Yoga:** *For all fitness levels;* all styles of Yoga classes at the Y focus on fitness and using Yoga as a form of exercise. We emphasize flexibility, coordination, posture, balance, and relaxation without chanting, meditation, or non-Christian religious connotations. Hot and Warm Yoga classes are for Y MEMBERS ONLY and members must pick up a class pass no more than 30 minutes prior to class time. **HOT & WARM YOGA for ages 14 & up**

Zumba®: *For all fitness levels;* the class that started the dance-fitness revolution and changed the way we look at a "workout" forever. It's fun, effective and best of all? Made for everyone!