





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS


BOONE COUNTY/AEROBICS ROOM

MAY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickbox Interval 5:15-6:15 am Khrystyne M.	H.E.A.T. 5:30-6:15 am Sara B.	Cardio Conditioning 5:15-6:15 am Khrystyne M	H.E.A.T. 5:30-6:15 am Sara B.	Cardio/Strength Intervals 5:15-6:15 am Khrystyne M		
Cardio Core 6:30-7:15 am Jess/ Khrystyne M.	Indoor Cycling 6:15-7:00 am Brian O. <i>Cycling Studio</i>	Cardio Core 6:30-7:15 am Jess/ Khrystyne M.	Indoor Cycling 6:15-7:00 am Brian O. <i>Cycling Studio</i>	Cardio Core 6:30-7:15 am Jessie/ Khrystyne M		
	Strength and Conditioning 8:00-9:00 am Jess / Khrystyne M		Strength and Conditioning 8:00-9:00 am Jess / Khrystyne M			
A.O.A. Strength & Stability 8:00-8:45 am Elmo H.	 Silver Sneakers Fitness Program 8:00-8:45 am Tess C. GYM	A.O.A. Strength & Stability 8:00-8:45 am Elmo H.	 Silver Sneakers Fitness Program 8:00-8:45 am Tess C. GYM	Tai Chi 8:00-9:00 am Tess C. Gym	Zumba 8:00-9:00 am Jeanne L.	
Cardio/Strength Rotation 9:00-10:00 am Steph M	Latin Dance! 9:00-10:00 am Tess C.	Kickbox Interval 9:00-9:50 am Steph M.	Latin Dance! 9:00-10:00 am Tess C.	Body Sculpt 9:00-10:00 am Steph M.	Pilates 9:00-10:00 am Jeanne L.	
	Yoga 10:00-11:00 am Tess C.		Yoga 10:00-11:00 am Tess C.		Yoga 10:00-11:00 am Sarah L.	
Cardio X-Train 4:30-5:30 pm Jeanne L.	Zumba 4:30-5:30 pm Jeanne L.	TurboKick 4:30-5:30 pm Darcy H.	Zumba 4:30-5:30 pm Jeanne L.			
CORE 5:30-5:45 pm Jeanne L.	Pilates 5:30-6:30 pm Jeanne L.	CORE 5:30-5:45 pm Darcy H.	Pilates 5:30-6:30 pm Jeanne L.	Power House 5:00-6:00 pm Josh S.		
Weight Training 5:45-6:30 pm Darcy H.	Power House 6:45-7:45 pm Josh S.	Weight Training 5:45-6:30pm Darcy H.	Indoor Cycling 6:15-7:00 pm Sara B. <i>Cycling Studio</i>			
Zumba 6:30-7:30 pm Darcy H.		Indoor Cycling 6:00-6:45 pm Chris D. <i>Cycling Studio</i>	Zumba 6:30-7:30 pm Darcy H.			



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

A.O.A. Strength & Stability	This class consists of low impact aerobics, strength training and stretching. A great class for seniors, beginners and those wanting to get moving again.
Body Sculpt	This is a muscle strength and endurance class designed to help tone and sculpt the entire body using a variety of exercises and equipment.
BOSU Fitness	This class utilizes functional training in positive ways to help shape and impact you're your core, as well as, upper and lower body muscle groups. While this class focuses on strength, it does have a cardio component as well, for a total body workout.
Cardio X-Train	This class combines a variety of cardio circuits with muscle conditioning work for a total body workout.
Cardio/Strength Rotation	Expect anything. This rotational class will give you the pleasure of many different workouts each week. Come prepared to sweat and change it up each week!
Cardio Core	Great cardio workout combined with a great core workout. This class utilizes different bouts of cardio exercise rounds, followed by rounds of core exercises. Keep your body guessing in this class as we switch from cardio to core and back again!
Core	Build core stability as you strengthen those abdominal muscles in this fantastic 15 minute class.
Power house	This classes uses a wide variety of kickboxing, cardio, and core exercises along with fun equipment such as kickboxing bags and battle ropes to give you a great and challenging cardio and core workout. Powerhouse uses interval "round" training to keep you moving and sweating towards a great total body workout.
H.E.A.T. (High Energy Aerobic Training)	High energy aerobic training. Interval training will keep your body challenged and asking for more while you tone your body from head to toe using jump ropes, hand weights, steps, and more!
Indoor Cycling	Bring your outdoor cycling inside with this all terrain ride that combines basic rhythmic and athletic training drills. Includes: sprints, flats, hills and drills. Located in cycling studio by racquetball court.
Kickbox Interval	This class combines quick and powerful jabs and punches of the upper body with explosive leg kicks of the lower body. This is an overall body strengthening class with the advantage of improving cardiovascular fitness as a circuit paced class!
Latin Dance!	Combination of Latin, International, and Dance to create a dynamic, and effective cardio workout. The routines feature interval aerobics training by combining fast and slow rhythms that tone and sculpt the body as you dance!
Pilates	A method workout that will improve strength and flexibility in your core. Pilates creates a body that is long and lean. A program that works for everyone.
Cardio/ Strength Rotation	Expect anything. This rotational class will give you the pleasure of many different workouts each week. Come prepared to sweat and change it up each week!
Pilates	A method workout that will improve strength and flexibility in your core. Pilates creates a body that is long and lean. A program that works for everyone.
	This class will meet in the YMCA Gymnasium and incorporating the three physical motions of sitting, standing and walking to improve range of motion, flexibility, strength training, muscular endurance, stretching, stability/balance and posture.
TURBO KICK®	TURBO KICK® One of the hottest classes around! Turbo Kick takes athletic moves, sports drills, hip hop flavor and mixes them into easy to follow combinations. Many of the moves are kickboxing specific for strength and endurance training.
Yoga	This class teaches you all the fundamentals of asana yoga; how to breath, and move, stretch and relax. End results show gains in flexibility, muscle strength and joint mobility.
Zumba	Get ready to dance. This is a Latin inspired fitness class. Zumba uses specific Latin moves to give you the ultimate dance workout. Easy to follow and excellent for any fitness level.

If you have questions or comments – Please contact Ryan Amundson, Fitness and Wellness Coordinator @ 515 432 5925 or ryan.amundson@dmymca.org