



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE - SOUTH SUBURBAN YMCA

AEROBICS STUDIO

SUMMER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	HEAT 5:10-6:00a Michelle M. (GYM)		HEAT 5:10-6:00a Steve A. (GYM)	Cardio Barre 5:10-6:00a Megan E.		
Walk 15® Gina D. 8:00-8:30a STARTS JUNE 10	Pilates 8:00-8:40a Cindy B.	Walk 15® Gina D. 8:00-8:30a STARTS JUNE 12	Yoga Essentials 8:30-9:30a Brittney M.			
BODYPUMP® 8:40-9:40a Becky D.	ZUMBA® 8:45-9:30a Fiorella P. (GYM)	BODYPUMP® 8:40-9:40a Becky D.	ZUMBA® 8:45-9:30a Cass C. (GYM)	BODYPUMP® 8:40-9:40a Becky D.		
Active Older Adults 8:45-9:40a Kris W. (GYM)	Yoga Essentials 8:45-9:30a Lori W.	Dance Fusion & Tone 8:45-9:40a Maryellyn K. (GYM)		Active Older Adults 8:45-9:40a Kim U. (GYM)	ZUMBA® 8:45-9:30a Shaquita J./ Tracee S.	
Stretch 101 9:45-10:15 Kris W. (GYM)	BODYPUMP® 9:40-10:25a Kim U.		BODYPUMP® 9:40-10:25a Kim U.	Stretch 101 9:45-10:15 Kim U. (GYM)	BODYPUMP® 9:35-10:35a Tramelle C./ Darcy K.	
ZUMBA® 9:45-10:45a Tracee S.		PIYO LIVE® 9:45-10:45a Kim U.				
	CXWORX® 10:30-11:00a Kim U.	Barre 11:00-11:45am Kris W.	CXWORX® 10:30-11:00a Kim U.	Cardio Barre 10:30-11:15a Kim U.		
	BOOM Muscle® 11:30a-12:00p Kris W.					
PIYO LIVE® 12:00-12:45p Kim U.						
	Breathe & Flow Yoga 4:45-5:30p Lori J.	Cardio Barre 4:45-5:25p Megan E.	Expansion Yoga 4:45-5:30p Teri Lynn R.	<p>Red – Cardio Class Black – Cardio & Strength Class Green – Mind Body Class Blue – Strength Class Green Highlight – New Instructor Yellow Highlight – New Class or New Time Blue Highlight – New Class Location/Time</p>		
BODYPUMP® 5:30-6:30p LeeLynn R	ZUMBA® 5:35-6:30p Shaquita J.	BODYPUMP® 5:30-6:30p Donna B.	STRONG by ZUMBA® 5:35-6:30p Tramelle C.			
Gentle Yoga 6:35-7:30p Gail P.	CXWORX® 6:35-7:05p Sara S.	Total Core 6:35-7:15p Donna B.	CXWORX® 6:35-7:05p Sara S.			

South Suburban YMCA

Program Contact: Gwyndolyn McMillin, Program Director

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Active Older Adults (AOA): This program is designed for active older adults to effectively learn how to use a variety of fitness formats that help to build strength, cardiovascular fitness, balance and flexibility, but most of all have fun. You don't have to be an active older adult to take this class.

Barre & Cardio Barre: An invigorating complete body workout fusing ballet, Pilates and yoga to create a strong core and sculpted lean muscles. **Cardio Barre** kicks barre class up a notch by adding cardio moves!

BODYPUMP®: **BODYPUMP®** is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl to chart-topping music! The 45 minute version focuses on 8 Les Mills Body Pump tracks, the 60 minute 10 tracks.

Boom Muscle® by Silver Sneakers: Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength. This class is Silver Sneakers friendly.

Breathe & Flow Yoga: Breath and movement combine to create harmony and help you find a yoga practice that is both energizing and relaxing. Utilizing foundational yoga poses with options to add or reduce intensity.

CXWORX®: Core-focused workout using resistance tubes, weight plates, and body weight exercises plus hip, butt & lower back exercises. All the moves in CX WORX have options so it's challenging but achievable for your own level of fitness.

Dance Fusion & Tone: Dance Fusion & Tone is a mixture of low intensity and high intensity moves that create a fun, international, interval style calorie burning fitness dance class for all. This class focuses on balance, range of motion and coordination with the addition of toning. Prepare to leave feeling empowered and strong.

Expansion Yoga: Pulling in mentally and expanding out physically. A moderate intensity class for those wishing to expand their yoga practice while also offering less intense options. Let your practice be open to possibilities!

Gentle Yoga: A less intense yoga practice moving at a slow and steady pace. Great for those who are new to yoga.

H.E.A.T: If you like cardio conditioning along with a great strength workout you will love HEAT! This is a hardcore training-inspired class with a sport warm-up followed by plyometrics, body strength exercises and running.

Pilates: A workout that improves strength and flexibility which helps to create a body that is long and lean. Work focuses on the core muscles.

PIYO LIVE®: This class combines the core strengthening benefits of Pilates with the strength and flexibility advantages of yoga at a fun, high energy cardio-fitness pace.

STRETCH 101: This class is for EVERYbody...flexible or not! Gentle stretches to all major muscle groups will help you improve your range of motion.

STRONG by ZUMBA®: **STRONG by Zumba®** combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits to reach your fitness goals faster.

Total Strength: This is a muscle strength and endurance class designed to help tone and sculpt the entire body using a variety of exercises and resistance equipment such as weights, balls and tubing. This class may use interval style format as well.

Walk 15®: Walk 15® classes are for EVERYBODY. All ages and all fitness levels can get the healthy benefits from this easy-to-follow program. It's based on four basic steps and is fueled by positive music to keep you at the speed you need for serious fat-burning!

Yoga Essentials: Welcomes all levels! This class provides a solid foundation for movement-based yoga. Includes basic poses, fundamentals of alignment and yogic breathing. This class will lead you towards balancing mind, body and spirit.

ZUMBA®: A fun, high energy aerobics workout for all fitness levels. You learn by watching the Latin inspired moves and feeling the beat of an eclectic array of music.

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