






















# GROUP FITNESS CALENDAR

## SEPTEMBER 2020

	MON	TUES	WED	THURS	FRI	SAT	
MORNINGS	<b>KETTLEBELL</b> 5:45-6:30 ELLY 	 5:15-6:00 AM SANDY	<b>KETTLEBELL</b> 5:45-6:30 ELLY 	 5:15-6:00 AM MONICA			
	<b>SIT &amp; BE FIT</b> 7-7:45 AM RUTH 	 7-7:45AM RUTH	<b>SIT &amp; BE FIT</b> 7-7:45 AM RUTH 	<b>CHAIR YOGA</b> 7-7:45 AM RUTH		 7:30AM-8:15 AM MONICA/SANDY	
	<b>AQUA FIT</b> 8:00-8:45 AM DEB 	<b>AQUA BLAST</b> 8:00-8:45 AM ANN 	<b>WALK N TONE</b> 8:00-8:45 AM DEB 	<b>AQUA BLAST</b> 8:00-8:45 AM ANN 	<b>Water Volleyball</b> 8:00- 9:00 AM 		
	 <b>Refer a friend</b> LET'S STRENGTHEN THE COMMUNITY! Get a FREE month for every new membership you refer!		During the month of September, bring a friend for FREE				
			 5:30-6:15 pm KIRI	<b>H2O CHALLENGE</b> JILL 5:30-6:15 PM 	 5:15-6:00 PM KIM	The YMCA will be CLOSED on Monday, September 7th for Memorial Day.  Child Watch is back: Mon/Tues/Wed evenings 5:15-7:30 in the Multi Purpose Room  Fall/Winter hours begin Tuesday, September 8th Mon-Thurs 5:30 am-8:30 pm Friday 5:30 am-7:30 pm Saturday 7:00 am -3:00 pm Sunday 12:00-3:00 pm	
<b>STRENGTH &amp; CORE</b> 5:30-6:15 PM ANN	<b>AQUA FIT</b> 5:30-6:15 PM DEB 	<b>STRENGTH &amp; CORE</b> 5:30-6:15 PM SADIE	 6:15-6:45 pm SANDY				
<b>CIRCUIT TRAINING</b> 6:30-7:15 PM		<b>CIRCUIT TRAINING</b> 6:30-7:15 PM	<b>YOGA (MPR)</b> 5:45-6:45 PM NANCY 				
							

**CHILD WATCH: MON, TUES & WED EVENINGS 5:15-7:30 PM IN THE MULTI PURPOSE ROOM**

# FITNESS CLASS DESCRIPTIONS

## STRENGTH

**Strength & Core**- This simple, easy-to-follow strength and core workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout, in less time. This class is suitable for all fitness levels and no experience is necessary.

**Sit and Be Fit**- Using a chair, the class works with resistance bands, light weights and your own body resistance to give you a workout without being on your feet., lessening the impact of exercise on your joints.

**Les Mills Body Pump™** - BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast. Participants need to bring a towel and water bottle. When exercises are performed at full range with proper form and correct weight selection, this class is a great cardio option as well!!!

**Circuit Training**- A series of exercises performed in rotation with minimal rest and using different pieces of equipment, including hand-weights, bodyweight, kettlebells, medicine ball, stability ball, step, cardio, etc.. All fitness levels.

## MIND/BODY/FLEXIBILITY

**Yoga** - is a [physical](#), [mental](#), and [spiritual](#) discipline, originating in [ancient India](#), whose goal is the attainment of a state of perfect spiritual insight and tranquility. All Yoga classes are held in the multipurpose room.

**Chair Yoga** - (low-Medium) Gentle stretching class that can be done seated in a chair. It is a class for all ability levels and ages.

## CARDIO

**Les Mills RPM®** - RPM® is the INDOOR CYCLING workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Sweat and BURN to reach your endorphin high. RPM® is the 45 minute ride that brings out the athlete in all of us. Participants must pre-register for the class each month.

**Kettlebell**- Originating in Russia, a kettlebell is a centuries old training tool that looks like a cannon ball with a handle. From strengthening the key muscles of the lower body (glutes, hamstrings and quads) to challenging the muscles of the core and upper body (back, shoulders fore-arms, triceps, biceps and chest) kettlebells truly are a highly effective training tool for improving total body strength with a little kick of cardio.

## DANCE EXERCISE

**ZUMBA** -Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium and low-impact aerobic dance moves to a variety of energetic and fun music.

**CARDIO DANCE** -Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium and low-impact aerobic dance moves to a variety of energetic and fun music. A brief section with weights, core work and balance for a total body workout.

## WATER FITNESS

**WALK-N-TONE** - (LOW-MEDIUM) Is a fun, quick-paced class usually set to music that involves walking/running the width of the pool and various strength exercises for your arms, legs and abs.

**AQUA BLAST**- (MEDIUM) Cardio and strength intervals utilizing bodyweight and water dumbbells for added resistance. Fun music! High energy!

**AQUA FIT** - (MEDIUM) This class offers a variety of exercises to help you stretch and train all muscles groups to get your heart pumping. All levels welcome!

**WATER VOLLEYBALL** - (LOW) Drop in and enjoy a game of volleyball with other members.

**H2O CHALLENGE**- (Low-Medium) Cardio and strength intervals utilizing bodyweight and water dumbbells or pool noodles for added resistance. This class offers a variety of exercises to help you stretch and train all muscle groups.