



# ALTRU FAMILY YMCA

## GROUP FITNESS CLASS SCHEDULE

### JULY 6 – AUGUST 2, 2020



MON	TUES	WED	THURS	FRI	SAT	SUN
	5:45 am <b>GROUP STRENGTH TR</b> Gr Ex Studio • Shanel		5:45 am <b>TOTAL BODY FUSION</b> Gr Ex Studio • Shantel			
		5:30 am <b>YOGA</b> Yoga Studio • Kerri <i>* No class July 8*</i>				
8:30 am <b>WATER FIT</b> Pool	8:30 am <b>BOOT CAMP H2O</b> Pool	8:30 am <b>WATER FIT</b> Pool	8:30 am <b>BOOT CAMP H2O</b> Pool	8:30 am <b>WATER FIT</b> Pool	8:15 am <b>NUBODY</b> Gr Ex Studio	
	9:30 am <b>YOGA FLEX</b> Gr Ex Studio • Patti	9:30 am <b>SILVERSNEAKERS CIRCUIT</b> Gr Ex Studio • Bonnie	9:30 am <b>YOGA FLEX</b> Gr Ex Studio • Patti		9:00 am <b>SHALLOW WATER POWER</b> Pool	
11:00 am <b>OUTDOOR WATER EX</b> Elks Pool	11:00 am <b>OUTDOOR WATER EX</b> Elks Pool	11:00 am <b>OUTDOOR WATER EX</b> Elks Pool	11:00 am <b>OUTDOOR WATER EX</b> Elks Pool	11:00 am <b>OUTDOOR WATER EX</b> Elks Pool	10:00 am <b>YOGA ON THE GREENWAY</b> Saori	
	11:30 am <b>BOOTCAMP</b> Gr Ex Studio • Sonia		11:30 am <b>BOOTCAMP</b> Gr Ex Studio • Sonia			
12:10 <b>OUTDOOR SPIN</b> South Side • Sonia	12:15 <b>YOGA ON THE GREENWAY</b> Jen	12:10 <b>OUTDOOR SPIN</b> South Side • Sonia	12:15 <b>YOGA ON THE GREENWAY</b> Jen			
	4:00 pm <b>PILATES</b> Gr Ex Studio • Sheila		4:00 pm <b>PILATES</b> Gr Ex Studio • Sheila			
4:30 pm <b>BOOM MUSCLE</b> Gr Ex Studio • Patti	4:30 pm <b>NUBODY</b> Gr Ex Studio • Julie	4:30 pm <b>BOOM MUSCLE</b> Gr Ex Studio • Patti	4:30 pm <b>NUBODY</b> Gr Ex Studio • Julie			
5:00 pm <b>BOOM MOVE</b> Gr Ex Studio • Patti		5:00 pm <b>BOOM MOVE</b> Gr Ex Studio • Patti				
	6:00 pm <b>SHALLOW WATER POWER</b> Pool		6:00 pm <b>SHALLOW WATER POWER</b> Pool			

## CLASS DESCRIPTIONS

### WATER EXERCISE

#### Y Water Fit

A low-impact alternative to traditional land aerobics with the intensity you want with aerobic activity and strength exercises.

#### Shallow Water Power

A high intensity, low impact workout focused on cardiovascular training, muscle toning, flexibility and coordination. Cardio movements include walking, jogging, kicking, cross-country ski movements and jumping jacks. Swimming skills are not required.

#### Boot Camp H2O

This exciting and challenging workout incorporates cardiovascular work, strength and core training - setting new standards in water-based fitness.

### MIND/BODY

#### Pilates

Improve your posture, strengthen your back and abdominal muscles, increase flexibility, prevent stress and back pain, tone muscles and sharpen your mind/body connection - with simultaneous stretching and strengthening in a non-impact balanced system.

#### YogaFlex

A yoga-based class incorporating sitting and standing poses (not a mat class) for improved balance, posture, strength & flexibility. Equipment used include: chairs and occasional light hand weights or balls. Great for anyone who prefers not to get down on the floor.

#### Yoga

Class begins with breath awareness and a few moments of quiet reflection. Gentle stretching opens the way to a practice of yoga poses to build strength, flexibility, and awareness.

#### Yoga on the Greenway

Enjoy yoga in the great outdoors, on the Greenway behind the Toasted Frog. Bring a mat, towel, sunscreen, bug spray, water and anything else you may need.

### CARDIO & CARDIO/STRENGTH

#### NuBody

Prepare to be motivated! This intense, high-energy workout features cardio, muscle toning and flexibility work, with music that will move you and results that will keep you coming back.

#### Bootcamp

This intense and advanced boot camp style class features a creative variety of challenging total body moves using a wide variety of equipment.

#### Total Body Fusion

A combination of strength and cardio training using HIIT interval, tabata, and various other teaching methods, utilizing bands, balls, weights, bars, BOSU and more - along with your own body weight - to give you the perfect total body training. The last 10 minutes of class will focus on core strength.

#### Group Strength Training

This class focuses on upper body, lower body and core strength. Using various types of equipment, strengthen and tone your whole body. A perfect compliment to your cardio workout.

#### BOOM® Muscle

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. Appropriate for active older adults or people of any age who want a faster-paced challenging workout in 30 minutes.

#### BOOM® Move

A higher intensity dance workout class that improves cardio endurance and burns calories. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. Appropriate for active older adults or people of any age who want a faster-paced challenging workout in 30 minutes.

#### SilverSneakers® Circuit

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

