


















# GROUP FITNESS CALENDAR

## July 2017

	MON	TUES	WED	THURS	FRI	SAT
<b>MORNINGS</b>	 EXPRESS-45 5:45-6:30am JEN	 5:15-6:00am ERICA	 5:45-6:15am ERICA	 5:15-6:00am MONICA	 EXPRESS-45 5:45-6:30am STAFF	
	<b>Stretch &amp; Strength</b> 7:00-7:45am PAULETTE	<b>CARDIO DANCE</b> 7:00-7:45am RUTH	<b>Stretch &amp; Strength</b> 7:00-7:45am RUTH	<b>H2O Challenge</b> 5:30-6:15am ELLEN	<b>Water Volleyball</b> 7:00-9:00am	 8:00-8:45am BAILEY
	<b>Water Dance</b> 8:00-8:45am STAFF	<b>H2O Challenge</b> 8:00-8:45am ELLEN	<b>CENTERING PRAYER</b> 7:30-8:15am STEPHANIE	 7:00-7:45am KIM		 9:00-10:00am ERICA
			<b>Inst Choice</b> 8:00-8:45am STAFF	<b>Water Aerobic</b> 8:00-8:45am ELLEN		
<b>EVENINGS</b>	 (MPR) 5:15-6:00pm RUTH	 EXPRESS-30 5:15-5:45pm MONICA	 <b>Stability Ball</b> 5:15-6:00pm JEN	 EXPRESS-30 5:15-5:45pm ERICA	<h3>Nutrition Seminar</h3> <p>“Decoding the Nutrition Label”</p> <p>Learning how to make healthier food choices starts with reading the nutrition label. Learn to “decode” the secret to what’s really in your food.</p> <p>Erica Barker– Presenter            ACE® Certified Personal Trainer            ACE® Fitness Nutrition Specialist</p> <p>Wednesday, July 19            6:00-7:00pm</p> <p>YMCA Multipurpose room            FREE and open to the public!!</p>	
	 EXPRESS-45 6:15-7:00pm BAILEY	 5:50-6:20pm MONICA	 EXPRESS-45 6:15-7:00pm KIRI	 EXPRESS-30 6:00-6:30pm BAILEY		
		<b>H2O Challenge</b> 5:00-5:45pm ELLEN				

- Child Watch Available: Mondays/Wednesdays 8:30am-10:30am (MPR) = Multipurpose Room  
 Monday THROUGH Thursday 5:15pm-7:15pm

Updated 6/26/17

# FITNESS CLASS DESCRIPTIONS

## STRENGTH

**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!!!

**Les Mills CXWORX™** Strengthening the muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together. All the moves in CXWORX™ have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, glute and lower back exercises.

**Stability Ball** – This class will challenge participants with exercises that use body weight and dumbbells. There are numerous benefits to adding the ball to your fitness routine. We will strengthen the muscles of your core for a more stable spine and help reduce the risk of lower back pain. The class will also concentrate on flexibility for a greater range of motion.

## 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.

**Stretch & Strength**— A perfect compliment to your cardiovascular workouts! Improve your flexibility as we lengthen and strengthen all major muscle groups. Regardless of shape, size, age, or ability, we can all benefit from stretching. The class will utilize various stretch and strength training equipment such as dumbbells, stability balls, yoga straps, chairs and bodyweight exercises.

**Centering Prayer** – a gentle, meditative prayer practice rooted in the Christian tradition. Simple to learn, easy to use, and limitless in its effects to encourage a calm mind and open spirit. All are welcome. No "belief" is required: just a willingness to try a new spiritual practice. Facilitated by Stephanie Haskins.

**Pilates** is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. **Pilates** emphasizes proper postural alignment, core strength and muscle balance. **Pilates** is named for its creator, Joseph **Pilates**, who developed the exercises in the 1920s.

## CARDIO

**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.

**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.

**Les Mills BODYCOMBAT™** Bodycombat is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness! No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**Zumba®** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

## WATER FITNESS

**Hi:Lo/Walk-n-Tone** – Get your water walking and strength training done in one class. Move across the pool in different ways besides walking, then take a break and work various muscle groups.

**H2O CHALLENGE** – A high intensity class that can range anywhere from swimming laps with our brand new flippers, swimming with noodles or toning muscles with our pool weights. Come with a positive attitude and willing to try anything!

**Splash Ball** – Utilize beach balls to get a great total body workout in the water!

**Water Pilates** – Combine stretching, flexibility and strength training in one class.

**Water Volleyball** – Drop in and enjoy a game of volleyball with other members. You certainly get a great workout and may end up laughing the whole time (laughing is also a great ab workout).

**Group fitness classes are for members ages 14 and up.**