



# GROUP FITNESS CLASS SCHEDULE

## Calhoun County YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**\*\*CLASS SPACE IS LIMITED – FIRST COME FIRST SERVE\*\***

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	<b>CYCLE</b> Gene in Studio 3 5:15-6:00am	<b>CORE &amp; MORE</b> Chris in Studio 2 5:15-6:00am	<b>CYCLE</b> Gene in Studio 3 5:15-6:00am	<b>CORE &amp; MORE</b> Chris in Studio 2 5:15-6:00am	<b>CYCLE &amp; STRENGTH</b> Chris in Studio 3 5:15-6:00am	
8:00am 8:15am	<b>ZUMBA</b> Yessy in Studio 2 8:15-9:15am	<b>PUMP</b> Angela in Studio 2 8:00-9:00am	<b>ZUMBA STRONG</b> Juana in Studio 2 8:15-9:00am	<b>PUMP</b> Angela in Studio 2 8:00-9:00am	<b>ZUMBA</b> Yessy in Studio 2 8:15-9:15am	
9:00am 9:30am	<b>SILVERSNEAKERS CLASSIC</b> Mischelle in Studio 2 9:30-10:15am	<b>STEPPING TO THE OLDIES</b> Joshalyn in Studio 2 9:30-10:15am	<b>SILVERSNEAKERS CIRCUIT</b> Mischelle in Studio 2 9:30-10:15am	<b>STEPPING TO THE OLDIES</b> Joshalyn in Studio 2 9:30-10:15am	<b>SILVERSNEAKERS CLASSIC</b> Mischelle in Studio 2 9:30-10:15am	<b>Y-FIT</b> Mari in Studio 1 9:00-10:00am
10:30am		<b>SILVERSNEAKERS BOOM MOVE</b> Mischelle in Studio 2 10:30-11:15am				
5:15pm 5:30pm	<b>Y-FIT</b> Blanca in Studio 1 5:30-6:30pm	<b>Y-FIT</b> Blanca in Studio 1 5:15-6:15pm		<b>KETTLEBELLS</b> Blanca in Studio 1 5:15pm-6:15pm		
		<b>BASIC YOGA</b> Joshalyn in Studio 2 5:30-6:30pm		<b>BASIC YOGA</b> Joshalyn in Studio 2 5:30-6:30pm		
6:30pm 6:45pm			<b>ZUMBA</b> Yessy in Studio 2 6:30-7:30pm			
		<b>ZUMBA</b> Yessy in Studio 2 6:45-7:45pm		<b>ZUMBA</b> Yessy in Studio 2 6:45-7:45pm		

Ages 16 and older  
permitted in group  
fitness classes, unless  
otherwise noted



# **CLASS DESCRIPTIONS**

**ZUMBA** Dance your way to a fitter you with unique music, Latin-inspired dance moves and rhythms!

**Y-FIT** Group fitness class utilizing a prescription of constantly varied functional movements executed at high intensity. Weight-lifting, running, rowing, and more! Within the workouts, movements can be scaled down (or up!) for any level of fitness, so they're challenging every time.

**CORE & MORE** A workout for your core and MORE using resistance bands, weights, and other tools, as well as body weight exercises such as squats, lunges, crunches, and planks.

**KETTLEBELLS** Strength – Cardio – Core! Intermediate level class with novice and advanced modalities. Using kettlebells, class participants are taken through a variety of movements all designed to develop overall body strength, mobility, internal energy, work capacity, and vitality. Extreme all-round fitness!

**CYCLE** Indoor cycling is a great cardiovascular workout! Pedal through hill climbs, sprints, and many other challenging drills and exercises.

**CYCLE & STRENGTH** Combines indoor cycling with cardio and strength intervals for total body workout!

**CARDIO BOXING** This class incorporates the traditional training movements of a boxer with a cardio workout focusing on footwork and toning the arms, legs, glutes, and core.

**YOUTH CARDIO BOXING AGES 15 AND UNDER**

**PUMP** A group strength training workout that targets and challenges all major muscle groups using barbells and weights.

**BASIC YOGA** Calm your mind, build strength in the core and balance in the body, as well as increasing flexibility and range of motion.

**STEPPING TO THE OLDIES** Improve cardiovascular fitness and muscle strength with this beginner-friendly, low-impact step class—bench optional—set to your favorite oldies hits!

**SILVERSNEAKERS CLASSIC** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated and standing support.

**SILVERSNEAKERS CIRCUIT** Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**SILVERSNEAKERS BOOM** A higher intensity workout that improves cardio endurance and burns calories. BOOM is all about breaking a sweat and having fun. The class focuses on cardio endurance with simple dance moves then building into a more complex sequence.