

GROUP FITNESS SCHEDULE

MIAMI COUNTY YMCA- ROBINSON BRANCH- FALL 2017

Monday/Wednesday			Tuesday/Thursday			Friday		Saturday
Multi-Purpose Room	Upstairs Aerobics Room	Meeting Room B	Multi-Purpose Room	Upstairs Aerobics Room	Meeting Room B	Multi-Purpose Room	Upstairs Aerobics Room	
5:45-6:30a PULSE	5:15-6:00a Y Cycling			5:30-6:15am Y Cycling		5:45-6:30a PULSE		
								7:30-8:30a Strictly Strength Multi-Purpose
8:00-9a Step Aerobics (W/F)	8-8:45a Y Cycling		7:55-8:55a Strictly Strength			8:00-9a Step Aerobics	8-8:45a Y Cycling	
9:15-10a AOA Aerobics	9-10:00a Y Cycling	9:00-9:45a Yoga	9:05-10a AOA Strength		9:00-9:45a Yoga	9:15-10a AOA Aerobics	9-10:00a Y Cycling	9:00-9:45a Y Cycling
10-11:00a High Intensity Strength& Cond.			10:05-11:20 ZUMBA			10-11:00a High Intensity Strength& Cond.		
	4:30-5:15p Y Cycling		4:30-5:25p Total Body Sculpt					
			5:30-6:15p PULSE		5:15-6:00p BARRE			
6:00-6:50p Tabata	6:20-7:20p Yogalates		6:15-7:00p High Intensity Strength& Cond.	6:00-7:00p Y Cycling	7:00-7:45p Yoga			Sunday 2:00pm Y Cycling
7:00-7:50p Cardio Kickboxing			7:00-7:45p Step Aerobics	7:00-8:00p Spin, Lift, & Core (Tues. only)				

CLASS DESCRIPTIONS:

BARRE- Ballet Barre based workouts are the newest trend for toning and shaping the body. Barre classes can be a great way to build up core strength, sculpt the lower body, or just break up a training rut.

KICKBOX AEROBICS- Burn Calories, tone muscle, enhance coordination, relieve stress, and workout aggression. This class is a combination of choreographed routines and repetitive drills using kickboxing moves that can be done with or without a heavy bag. Class consists of a warm up, 40 minutes of nonstop aerobic activity and ends with a cool down/stretching segment. Be ready to push yourself and remember to keep moving!

P.U.L.S.E.- A warm-up, aerobic conditioning, strength training, and a complete abdominal work out. Routines are easy to follow, and participants are encouraged to work at their own pace. FREE for YMCA members.

STEP AEROBICS- A low impact, easy to follow, fat burning workout will challenge the mind and body of all participants.

HIGH INTENSITY STRENGTH AND CONDITIONING- Join in and leave your ego at the door! We will work to improve your strength, mobility and cardiovascular health one set at a time. Training not to hurt, but to improve! Push, pull, and leap your way into a better quality of life through better training. Through the use of bands, bars, dumbbells, and balls of all sizes we will build strength and flexibility while addressing ways to train to relieve pain and bad movement patterns. Make sure to come check out our new pull-up rig that will open up a new world of exercises using assistance and bodyweight to reach our goals.

STRICTLY STRENGTH- Sculpt and define your body in this muscle toning class using dumbbells, resistance bands, therabands, stability & medicine balls.

TABATA- A Tabata is a four minute training session which consists of eight intervals of exercises at a very high intensity 20 seconds and then resting for 10 seconds. The types of exercises will be both cardio and strength training and will encompass the entire body. Tabata training will simultaneously improve both your aerobic and anaerobic systems, will raise your metabolism and keep you challenged. The class will consist of a warm up, 8 Tabatas, cool down and stretching.

TOTAL BODY SCULPT- Maximize your body's fat burning potential by adding strength training to your routine. Burn calories and increase lean muscle mass. Participants are encouraged to lift heavy!

Y CYCLING- Burn 300+ calories per class and watch the weight melt away with challenging intervals. Great low impact exercise, upbeat music, and fun socialization will make you come back for more!

YOGA- The benefits of Yoga include better balance, greater flexibility, improved digestion and circulation, increased physical strength, and reduced stress.

YOGALATES- Focus on strength as yoga poses are performed with an emphasis on posture and stretching large muscle groups. The Pilates core work will increase lower back and abdominal strength that support your whole body whether moving or at rest.

ZUMBA- ZUMBA routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. You do not need to know how to dance.

