

# GROUP FITNESS SCHEDULE

MIAMI COUNTY YMCA- ROBINSON BRANCH- WINTER 2018

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 <b>PULSE</b>	5:15-6:00a <b>Y Cycling</b>			5:30-6:15am <b>Y Cycling</b>		5:45-6:30a <b>PULSE</b>		
								7:30-8:30a <b>Strictly Strength</b> Multi-Purpose
8:00-9a <b>Step Aerobics (W/F)</b>	8-8:45a <b>Y Cycling</b>		7:55-8:55a <b>Strictly Strength</b>			8:00-9a <b>Step Aerobics</b>	8-8:45a <b>Y Cycling</b>	
9:15-10a <b>AOA Aerobics</b>	9-10:00a <b>Y Cycling</b>	9:00-9:45a <b>Yoga</b>	9:05-10a <b>AOA Strength</b>		9:00-9:45a <b>Yoga</b>	9:15-10a <b>AOA Aerobics</b>	9-10:00a <b>Y Cycling</b>	9:00-9:45a <b>Y Cycling</b>
10-11:00a <b>High Intensity Strength&amp; Cond.</b>			10:05-11:20 <b>ZUMBA</b>			10-11:00a <b>High Intensity Strength&amp; Cond.</b>		
	4:30-5:15p <b>Y Cycling</b>		4:30-5:25p <b>Total Body Sculpt</b>					
5:00-5:55p <b>Embodied Exercise</b>			5:30-6:15p <b>PULSE</b>		5:15-6:00p <b>BARRE</b>			
6:00-6:50p <b>Tabata</b>	6:20-7:20p <b>Yogalates</b>		6:15-7:00p <b>High Intensity Strength&amp; Cond.</b>	6:00-7:00p <b>Y Cycling</b>	7:00-7:45p <b>Yoga</b>			<b>Sunday</b> 2:00pm <b>Y Cycling</b>
				7:05-8:00p <b>Spin, Lift, &amp; Core (Tues. only)</b>				

## 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.

**EMBODIED EXERCISE-** Embodied Exercise will start with guided meditation each class. Basic breathing and listening to body techniques. Finding new ways to listen to our body is how we understand what our bodies need. Then practice will move into Yoga to energize and open to our own hearts. Slow Yoga- "waking up the body" movements, will be encouraged. Then cardio choices will be available (all levels & activities). This next stage of the class will help burn and process out dormant energy, to feel lighter through the day. After cardio, core work will be introduced (at all levels). This will be ideal time for our core to strengthen through balance, twisting & activating movements. The last few minutes will be for the pause back into ourselves- to help bring us back into our lives renewed !Namaste.

**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.

