



the power of **PLAY**

INDIAN BOUNDARY YMCA Group Exercise Schedule

Effective September 1, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15am BODYPUMP Susan	5:30-6:25am POWER YOGA Liz	5:30-6:15am BODYPUMP Susan		5:30-6:15am BODYPUMP Susan		
8-8:55am CYCLE Gail	7:30-8:25am YOGA Meg	8-8:55am FIT FUSION Rebekah	7:30-8:25am YOGA Anu	8-8:55am CYCLE Gail	7:30-8:25am TTT Rebekah	
8-8:55am PIYO Kate	8:30-9:15am PILATES Kathy	8:30-9:25am TRX\$\$ Jodi	8:30-9:15am LOWER BODY FOCUS Carmelo	8-8:55am PIYO Kate	8:30-9:25am TURBOKICK Annie	
9-9:55am BODYPUMP Kathy	9:30-10:25am TURBOKICK Annie	9-9:55am BODYPUMP Martine	9:30-10:25am TURBOKICK Annie	9-9:55am BODYPUMP Carmelo	9:00 – 9:55am WALK IT OFF\$\$ TBD	
10:30-11:15am THRIVE Kathy	10:30-11:15am SILVER SNEAKERS Rebekah	10:30-11:15am AOA STRETCH Martine	10:30-11:30am SENIOR CYCLE Bob	10:30-11:15am THRIVE Kate	9:30-10:25am BODYPUMP Carmelo	
	11:30 – 12:00pm BALANCE Chris	11:30am-12:25pm AOA FITNESS Gail	11:00-11:45am SILVER SNEAKERS Rebekah			
			12:30 – 1:25pm WALK IT OFF\$\$ Chris			
		5:00 – 5:55pm SMALL GROUP\$\$ TBD				
5:30-6:15pm THRIVE Kate	6:00 – 6:55pm SUSPENSION TRAINING\$\$ Chris	5:30-6:25pm BODYPUMP Kate				
6-6:55pm CYCLE Gail	6-6:55 pm YOGA Pency	6-6:55pm CYCLE Gail				
6:30 – 7:25pm ZUMBA Lindsay	7-7:55pm PILATES Aiza	6:30 – 7:25pm ZUMBA Lindsay	7-7:55 pm YOGA Geeta			

Class and Instructor are subject to change/cancellation without notice
Reservation Required for Silver Sneakers & AOA Stretch
Check our website or app for the most current information.
indianboundaryymca.org

GROUP EXERCISE CLASS DESCRIPTIONS

AOA FITNESS: Improve your muscular endurance as well as balance and coordination. This class begins with low impact aerobics and includes balance and strength exercises.

AOA STRETCH: This relaxing class is done in a chair and improves range of motion, circulation, and calms the mind.

BALANCE: Improve your balance and stability in this half hour class using a variety of equipment.

BODYPUMP™: Les Mills Body Pump™ is a choreographed weight workout using adjustable weight barbells to sculpt every major muscle group. This class is for moderate to advanced fitness levels.

CYCLE: Instructors lead you through an exhilarating ride designed to improve overall fitness while increasing performance with a focus on endurance, strength, and interval training. No experience necessary.

FIT FUSION: Combines cardio intervals with metabolism building strength exercises. The class finishes with core work and simple stretching for a well-rounded workout.

SENIOR CYCLE: For the beginner, instructors teach correct set-up and technique to help you get fit on the bike.

LOWER BODY FOCUS: Focus on the largest muscles in your body to strengthen, sculpt, and develop great legs. Increase your metabolism, burn more calories, increase lean body mass and achieve a more powerful base of support.

PILATES: Focus is placed on precise movements of core muscles to improve strength, stability, posture, balance and flexibility using body weight as resistance.

****PIYO®:** Sweat, stretch and strengthen in one low-impact, body-sculpting workout. PIYO cranks up the intensity and speed of traditional yoga and Pilates into a challenging blend of strength, agility, balance and flexibility.

POWER YOGA: Specifically designed to improve muscle strength and cardiovascular endurance, Poses are challenging, and move from one to the next quickly.

PRANAYAMA: This is the yogic practice focusing on breath typically practiced alongside yoga intended to elevate the prana-shakti, or life energies. It focuses on breath to control the power of the mind.

SILVER SNEAKERS CLASSIC®: Move through a variety of exercises designed to increase strength, range of motion and activities for daily living. Chairs, dumbbells, elastic tubing and a Silver Sneakers® ball are used.

SMALL GROUP TRAINING\$\$: Scheduled classes are a fun and affordable alternative or addition to traditional Personal Training, but still led by a Certified Personal Trainer.

LES MILLS THRIVE™: Thrive is low-impact training for improved functional stability, core strength and flexibility set to familiar old school music. Options for different levels include chair, body weight or with resistance.

TRX/SUSPENSION TRAINING\$\$: Suspension training was developed by a U.S. Navy SEAL and builds body power, strength, flexibility, and core strength at the same time. \$\$Premium class requiring additional fee.

TTT (TORCH TONE & TIGHTEN): This class has it all! Torch calories with 20 minutes of cardio, Tone your muscles with 20 minutes of strength training and, Tighten your abdominal area with 20 of core and stretch.

****TURBOKICK®:** Turbo Kick® is a fast paced, fat-blasting, ab-defining cardio workout that is a choreographed mix of kickboxing and hip-hop dance moves set to music that will have you looking forward to your NEXT WORKOUT!

WALK IT OFF\$\$: Get the most out of your time on the treadmill. This class will be a heart-rate driven class led by a YMCA trainer using Myzone® technology to walk off those calories!

****YOGA:** Yoga is a great complement to any fitness routine as it promotes relaxation, increases strength and improves flexibility. This class is suitable for all fitness levels and no experience is necessary.

****ZUMBA:** Exercise, dance and have loads of fun in this class while you move to the music. Groove to hypnotic Latin and international rhythms. A calorie burning dance routine set to music.

**** Family friendly classes ages 8-12yrs with parent/guardian, 13-15 after Teen Orientation.**