



the power of **PLAY**

INDIAN BOUNDARY YMCA Group Exercise Schedule

Effective June 1, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15am BODY PUMP Susan		5:30-6:15am BODY PUMP Susan	7:30-8:25am YOGA Anu	5:30-6:15am BODY PUMP Susan	7:30-8:25am TTT Rebekah	
8-8:55am CYCLE Bob	8:30-9:15am LOWER BODY FOCUS Kathy	8-8:55am FIT FUSION Rebekah	8:30-9:15am LOWER BODY FOCUS Carmelo	8-8:55am CYCLE Gail	8:30-9:25am TURBO KICK Annie	
9-9:55am BODY PUMP Kathy	9:30-10:25am TURBO KICK Annie	8:30-9:30am TRX\$\$ Jodi	9:30-10:25am TURBO KICK Annie	9-9:55am BODY PUMP Kate	9:30-10:25am BODY PUMP Carmelo	
9:30-10:25am STROLLER STRIDES		9-9:55am BODY PUMP Martine	9:30-10:25am STROLLER STRIDES		10:30-11:30am ZUMBA Aiza (starts 6/17)	
10:30-11:15am SILVER SNEAKERS Kathy	10:30-11:25am SILVER SNEAKERS Terre	10:30-11:15am AOA STRETCH Martine		10:30-11:25am SILVER SNEAKERS Terre		12-1pm YOGA Geeta
2:30-5pm TEEN TIME (Free Weight Room)	11:30am-12:25pm SILVER SNEAKERS Terre	11:30am-12:25pm AOA FITNESS Gail		11:30am-12:15pm LOW IMPACT AEROBICS Terre	12-3pm TEEN TIME (Free Weight Room)	
		4-6pm TEEN TIME (Free Weight Room)				
6-6:55pm CYCLE Gail	6-6:55 pm YOGA Pency	6-6:55pm CYCLE Gail	6-6:55 pm YOGA Geeta			
6-6:55pm ZUMBA Lindsay	7-7:55pm Barre Melissa	6-6:55pm ZUMBA Lindsay	7-7:55pm Pilates Melissa			

Class and Instructor are subject to change/cancelation without notice

Reservation Required for Silver Sneakers & AOA Stretch

Check our website or app for the most current information on substitutions & cancellations.

indianboundaryymca.org

GROUP EXERCISE CLASS DESCRIPTIONS

AOA FITNESS: Improve your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercises.

AOA STRETCH: Improve range of motion, increase circulation, and calm the mind in this relaxing class done in a chair.

BARRE: Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body. Chairs will be used for support

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.

LOW IMPACT AEROBICS: Is a basic choreographed aerobic workout about having fun without the stress on joints. Keep one foot on the floor while burning calories, improving flexibility and toning-up.

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.

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: Led by a Personal Trainer, this workout will be tailored to each participant to keep you challenged and motivated. Your trainer will keep track of your progress by logging weight used, sets & reps, inches, pounds, or body fat percentage lost so you can celebrate each win! \$\$Premium class requiring additional fee.

STROLLER STRIDES®: A functional, total-body workout designed for moms with kids in tow. Each 60- minute workout is comprised of strength, cardio, and core all while entertaining little ones with songs, activities and fun!

TEEN TIME: Teen Time in the Free Weight Room is supervised time for teens ages 13-15 to come in and exercise while a YMCA staff monitors for safety.

TRX: This suspension training class developed by a U.S. Navy SEAL 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.

****TURBO KICK®:** 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!

****YOGA:** Yoga is a great compliment 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 12+ with guardian.**