



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kroehler Thanksgiving Group Exercise Schedule

Effective November 20 through November 26th



MONDAY 11/20				
Time	Class / Format	Loc	Inst	
5:30 - 6:15 am	Indoor Cycle	CY	CY	Jodi
8:30 - 9:30 am	Step Circuit	CS	ST	Kathy
8:30 - 9:30 am	Zumba	CS	GYM	Alisha
9:35-10:35 am	Yoga	MB	ST	Anu
9:35 -10:35 am	SilverSneakers™	AOA	GYM	Kim M.
9:45-10:30am	Indoor Cycle	CY	CY	Kathy
10:00 -11:00am	Deep Water Aerobics	WE	LP	Jenna
7:05-7:50pm	Small Group PT	\$\$		Dona

TUESDAY 11/21				
Time	Class / Format	Loc	Inst	
5:30-6:30am	Indoor Cycle	CY	CY	Lisa
7:30-8:30 am	Full Body Conditioning	CS	ST	Siri
8:45-9:30am	HIIT	CS	ST	Siri
8:30-9:30am	Indoor Cycle/Strength	CS	CY	Lisa
8:30-9:30am	Dance Fusion	CS	GYM	Gina
9:35-10:35am	Yoga Strength	MB	ST	Becky
9:35-10:35 am	Aqua Zumba®	WE	LP	Joelle
6:30-7:30pm	Yoga Strength	MB	ST	Becky
7:00 - 8:00 pm	Extreme Strength	CS	GYM	Brad

WEDNESDAY 11/22				
Time	Class / Format	Loc	Inst	
5:30 - 6:30 am	Fit Fusion	CS	ST	Lisa
8:30-9:15am	Indoor Cycle	CY	CY	Jodi
8:30 - 9:30 am	Zumba®	C	GYM	Alisha
8:30-9:30am	Yoga	MB	ST	Anu
9:35-10:35 am	Silver Sneakers™	AOA	GYM	Becky
10:00-11:00am	Deep Water Aerobics	WE	LP	Jenna



THURSDAY 11/23
HAPPY THANKSGIVING

Y is Closed

No Group Exercise Classes will be held.

FRIDAY 11/24				
Time	Class / Format	Loc	Inst	
9:15-10:15am	Zumba®	C	ST	Isabel
	<i>Dance those holiday calories away</i>			
10:15-11:15am	De-stress YOGA	MB	ST	Becky

SATURDAY 11/25				
Time	Class / Format	Loc	Inst	
8:00-9:00am	Yoga	MB	ST	Becky
9:15-10:15am	Zumba	C	ST	Isabel



SUNDAY 11/26				
Time	Class / Format	Loc	Inst	
No Classes Today				

ST = Studio
C = Cardio Classes
ST = Strength and Toning Classes
MB = Mind/Body Classes
CS = Cardio/Strength Combination Classes
CY = Cycling Classes
🏠 = Family Friendly Classes

AGE RESTRICTIONS

Children ages 8-12 are welcome to attend "Family Friendly" classes with a parent or guardian. Parent or guardian must be prepared to assist child when necessary. 🏠

Teens over 13 can participate in all group exercise classes without a parent or guardian; Must be 16 for Bodypump®

* Instructors subject to change without notice.

* See back for class descriptions

This schedule will indicate who is teaching the class and if a class is cancelled that day, it will not show on the list.

Or go to www.kroehlymca.org/programs/fitness



CLASS DESCRIPTIONS/FORMATS

C=Cardio Classes

Indoor Cycle	Instructors will lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training. This class is suitable for all fitness levels and no experience is necessary.
Step	Step up your cardio endurance while following along to high energy choreographed moves set to great music. This class is suitable for all fitness levels and no experience is necessary.
Zumba®	Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself and find yourself in shape. This class is suitable for all fitness levels and no experience is necessary.
Dance Fusion	Dance your way through a great cardio workout enjoying different styles of dance. Recommended for all fitness levels.
Cardio Kickbox	This high energy class utilizes practical self-defense techniques combined with high and low impact moves to improve cardiovascular endurance. Jab, kick and jump your way through a great workout while burning away calories and stress! This class is suitable for all fitness levels and no experience is necessary.

CS=Cardio/Strength Combination Classes

Power Hour	Challenge your entire body with a full range of resistance and cardio exercises using a variety of equipment.
Extreme Strength	Master the next level in strength training. Challenge your muscles with proven exercise science technique and create the body of your dreams. Utilizing "Dynamic Set Training" and muscle confusion principles classes advance to ensure your muscles never adapt and you continue to make strides in strength. This class is for the intermediate to advanced participant.
Step Circuit	Step out of the box with this interval routine incorporating step and muscle conditioning designed to increase your overall strength and endurance. This class is suitable for all fitness levels and no experience is necessary.
Full Body Conditioning	Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching.
Fit Fusion	Combine high intensity cardio intervals with some low intensity metabolism building strength exercises followed by some ab work and stretching and you get a total workout that leaves you feeling energized and accomplished!

SI=Strength and Toning Classes

BODYPUMP™	BODYPUMP®, the original barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP® formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP® is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift & curl.
Full body Strength	Master the basics "strength training 101" Get stronger while mastering foundational strength training principles and technique. You'll be working your way to a stronger, leaner, more confident you while learning proper form and safety. This class is suitable for all fitness levels and no experience is necessary.
Core Express	The Core is your foundation and the point at which all movement begins. Sculpt and strengthen your midsection through a series of focused movement techniques as you improve your body's overall functional strength, balance and coordination. This is a 30 minute class, suitable for all fitness levels and no experience is necessary.
Full Body Strength	Challenge your muscles using hand-held weights and bands in this total-body muscle conditioning class. This simple, easy-to-follow strength workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout. Suitable for all fitness levels and no experience is necessary.
Core Strength	Challenge yourself with a workout focusing on all of the core muscles. Build your strength and your confidence in this class! Recommended for all fitness levels.

MB=Mind/Body Classes

Yoga Basics	Yoga is for everyone! Chair yoga will maintain, stretch and straighten your body using seated and standing postures. It will give you peace of mind and self-esteem to know you have a healthy body. If you are recovering from an injury, this is a great class for you.
Vinyasa Flow Yoga Basics	Master the basics "vinyasa flow 101" Get stronger while mastering foundational vinyasa flow yoga principles and technique. Flowing postures of yoga poses focus on matching breath with movement to build strength and flexibility, but at a beginner's pace. Recommended for beginners but all fitness levels welcome. Namaste'
Vinyasa Flow Yoga	"Breath-synchronized movement" Train the body to increase physical endurance by flowing smoothly through dance like poses that increase strength and endurance. This class is for the intermediate to advanced participant.

WE= Water Aerobic Classes

Deep Water	This class is great for anyone who is comfortable in deep water and wants a no-impact class. Work aerobically while toning core muscles as you stabilize your body position in water.
Shallow Water	This class is a combination of shallow and deep water exercises. The workout will vary from low to high cardio along with a variety of water strength exercises to increase joint and muscle strength, tone the upper and lower body, workout also includes flexibility. Non-swimmers welcome.
Aqua Zumba	The Aqua Zumba program integrates the Zumba philosophy with traditional aquatic fitness. Participants will perform dance moves to a variety of rhythms for a full body aerobic workout.
SilverSplash®	A low impact, high energy challenge for participants of all ages, skill, and fitness levels. Jump in and make a splash with this water workout.

Special Programs

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 and a ball are used. A chair is available if needed for seated or standing support. Suitable for all fitness levels and no experience is necessary.
Y Fit Family Zumba®	Invite the whole family to this Family Zumba class. Enjoy your favorite Latin and international rhythms while learning Zumba moves. This is a fun filled class the whole family can enjoy.
Y Fit Family Yoga	Share the many benefits of yoga with the whole family! This is a Yoga Basics class with a fun, family format that focuses on promoting relaxation and improved flexibility that each member of the family is sure to enjoy.

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Schedules are available on-line @ kroehlerfamilyymca.org