



GROUP EXERCISE SCHEDULE DUNELAND FAMILY YMCA

Effective 4-1-19

Exercising three (3) times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

MON	TUE	WED	THURS	FRI	SAT
FUN ZONE HRS: 8am-11am	FUN ZONE HRS: 8am-11am	FUN ZONE HRS: 8am-11am	FUN ZONE HRS: 8am-11am	FUN ZONE HRS: 8am-11am	FUN ZONE HRS: 8am-11am
Y - B Fit 7:45 Sandy (SC)	Cycle 5:45am Kayla (LDFS)	Y - B Fit 7:45 Sandy (SC)	Cycle 5:45am Kayla (LDFS)	Y - B Fit 7:45 Sandy (SC)	Hatha Yoga 8am Mahesh (SC)
Low Impact Cardio 8am Kay (FR)	Pilates 7am Deborah (FR)	Low Impact Cardio 8am Kay (FR)	Pilates 8am Deborah (FR)	Low Impact Cardio 8am Kay (FR)	Total Body Blast 8am Clark (FR)
Tabata 8am Jill (NG)	Hatha Yoga 8am Mahesh (SC)	Tabata 8am Ashley (NG)	Barre 8am Vicky (FR)	Bootcamp 8am Ashley (NG)	Zumba/ C Dance 9am Rotating (FR)
Strength Training 8am Vicky (SG)	Barre 8am Vicky (FR)	Strength Training 8am Vicky (SG)	Cardio, Core & More 8am Ashley (NG)	Strength Training 8am Jill (SG)	
Zumba 9am Jessica (FR)	Cardio, Core & More 8am Ashley (NG)	Cardio Dance 9am Lindsey (FR)	Turbo Kick 9am Katie (FR)	Cardio Dance 9am Lindsey (FR)	
Yoga Gentle Stretch 9:15am Jill (RBC)	Fitness Yoga 9am Jill (FR)	Line Dancing 10am Vicky (NG)		Yoga Gentle Stretch 9:15am Jill (RBC)	
Building Fit Friends 10:30am Nancy (FR)	SS Classics 10:30am Deborah (FR)	Building Fit Friends 10:30am Nancy (FR)	SS Classics 10:30am Deborah (FR)	Building Fit Friends 10:30am Nancy (FR)	
	SS Cardio 11:30am Deborah (FR)		SS Cardio 11:30am Nancy (FR)	SS Classics 12pm Deborah (FR)	
					SUN
					FUN ZONE HRS: 10am-1pm
					Zumba 10am Vicky (FR)
FUN ZONE HRS: 4pm-8pm	FUN ZONE HRS: 4pm-8pm	FUN ZONE HRS: 4pm-8pm	FUN ZONE HRS: 4pm-8pm	FUN ZONE HRS: 4pm-8pm	
Low Impact Circuit 5:30pm Kerbi (FR)	Turbo Kick 5:30pm Katie (FR)	Pilates 5:30pm Kerbi (FR)	Barre 5:30pm Kerbi (FR)	Bootcamp 5:30pm Kerbi (FR)	
Yoga 5:30pm Andrew (SC)	Circuit Strength 5:30pm Peggy Sue (LDS)				
Tabata 6:30 Jill (FR)	Zumba 6:30pm Vicky (FR)	Barre 6:30pm Vicky (FR)	Zumba 6:30pm Vicky (FR)		
Beginner Yoga 7pm Yolanda (SC)	Cycle Fusion 6:30pm Jill (LDS)	Beginner Yoga 6:30pm Yolanda (SC)			

Class Key

CARDIO	DANCE
MIND/BODY	STRENGTH
ACTIVE OLDER ADULTS	CYCLE

CLASS SUBJECT TO CHANGE UPON INSTRUCTOR AVAILABILITY



GROUP EXERCISE CLASS DESCRIPTIONS



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APRIL 2019

ACTIVE OLDER ADULTS

Y-B Fit - A great full body workout for all fitness levels with a focus on flexibility and strength.

Building Fit Friends - Total body workout including cardio, strength and wall exercises with stretching and flexibility exercises.

Silver Sneakers Cardio - Combines fun and fitness to increase your cardiovascular and muscular endurance and power with a standing circuit workout.

Silver Sneakers Classic - Have fun and move to the music through exercises designed to increase strength, range of motion and activities of daily living.

CYCLE

Cycle - An intense cardio workout on our indoor bikes catering to each participants ability and fitness level.

Cycle Fusion - 20 minutes of cardio on our indoor bikes and 20 minutes of circuit strength training.



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CARDIO

Low Impact Circuit – A circuit class for all levels with a focus on cardio and strength.

Tabata – A high intensity workout with 20 seconds of all out work followed by 10 seconds of rest, usually repeated 6-9 times.

Bootcamp - A fun but intense class that implements cardio and strength training drills and stations.

Cardio Core and More - This may be the most challenging class in the cardio category. Quick, high intensity bursts of exercise with limited recovery time to improve speed, maximize caloric burn and challenge yourself.

Total Body Blast – A full body workout that will get your heart pumping while challenging your strength and cardio ability.

DANCE

Low Impact Cardio – Dance at a slower pace great for beginner and also active older adults.

Line Dancing – This class teaches 32 count dances great for wedding receptions and parties. We meet weekly and add new dances every few weeks while reviewing the previous dances.

Zumba – Choreographed routines set to International music and rhythms. From Hip Hop to Salsa and much more.

Cardio Dance – A cardio dance class set to choreographed routines by today's top artists.



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MIND BODY

Beginner Yoga - Class based on traditional Yoga postures and focuses on mind-body awareness, strength, flexibility, breathing and relaxation techniques.

Yoga - Basic postures & specific breath flow. Breathing techniques will further enhance the yoga practice.

Gentle Stretch - Yoga - Move through traditional stretching postures while utilizing specific breathing techniques to allow the body to stretch to new limits.

STRENGTH

Barre - A ballet inspired fitness class incorporating a ballet barre, some plies, light weights all mixed to give a full body workout. A focus on alignment and posture while enhancing coordination, balance and overall strength.

Strength Training - Total body strength training using weights, bands, stability balls, gliders and more. Mat work included.

Fitness Yoga - A complete strength workout using traditional yoga poses with light weight and an emphasis on strength and flexibility.

Pilates - Core strengthening exercises with a focus on flexibility, balls and mat work included.

Circuit Strength - A challenging full body workout utilizing the Lu DeWulf Studio, using weights, Bosu balls, bars and more.