



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DUNELAND FAMILY YMCA

GROUP EXERCISE SCHEDULE

Effective: March 1, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
FUN ZONE HOURS: 8:30 – 10:30 am	FUN ZONE HOURS: 8:30 – 10:30 am	FUN ZONE HOURS: 8:30 – 10:30 am	FUN ZONE HOURS: 8:30 – 10:30 am	FUN ZONE HOURS: 8:30 – 10:30 am	FUN ZONE HOURS: Closed
6:45 Spin Fusion® Fitness Room Jill	6:00 Body Pump® Fitness Room Michelle	6:45 Spin Fusion® Fitness Room Jill	6:00 Body Pump® Fitness Room Michelle	6:45 Spin Fusion® Fitness Room Jill	8:00 Hatha Yoga Senior Center Mahesh
7:45 Y-B Fit Senior Center Sandy	8:00 Hatha Yoga Senior Center Mahesh	7:45 Y-B Fit Senior Center Sandy		7:45 Y-B Fit Senior Center Sandy	8:00 Turbo Kick Fitness Room Katie
8:15 Low Impact Cardio Fitness Room Kay	8:30 Spin Fusion® Fitness Room Vicky	8:15 Low Impact Cardio Fitness Room Kay	8:30 Spin Fusion® Fitness Room Vicky	8:15 Low Impact Cardio Fitness Room Kay	8:00 Bootcamp South Gym Clark
8:30 Body Pump® South Gym Jill	8:45 Total Body HIIT South Gym Cylie	8:30 Body Pump® South Gym Jill	9:30 Cardio Barre Fitness Room Vicky	8:30 Body Pump® South Gym Jill	
9:00 Zumba Fitness Room Jessica	9:30 Cardio Barre Fitness Room Vicky	9:00 Line Dancing Fitness Room Michele	10:30 SS Classics South Gym Deborah	9:00 Cardio Dance Fitness Room Lindsey	
10:30 Building Fit Friends Senior Center Nancy	10:30 SS Classics South Gym Deborah	10:30 Building Fit Friends Senior Center Nancy		10:15 Gentle Stretch Yoga Fitness Room Jill	
		10:30 Cardio Barre Fitness Room Vicky		10:30 Building Fit Friends Senior Center Nancy	
PM	PM	PM	PM	PM	PM
FUN ZONE HOURS: Closed	FUN ZONE HOURS: 4:30 – 8:00 pm	FUN ZONE HOURS: 4:30 – 8:00 pm	FUN ZONE HOURS: 4:30 – 8:00 pm	FUN ZONE HOURS: Closed	FUN ZONE HOURS: Closed
5:00 Spin Fusion® Fitness Room Aimee	5:30 Turbo Kick Fitness Room Katie	5:00 Spin Fusion® Fitness Room Aimee	5:30 Bootcamp Fitness Room Katie		
5:30 Yoga Virtual Class Yolanda	6:30 Zumba South Gym Vicky	5:30 Yoga Virtual Class Yolanda	6:30 Zumba South Gym Vicky		
5:00 Cardio Core & More Lu Dewulf Studio Peggy Sue		5:00 Cardio Core & More Lu Dewulf Studio Peggy Sue			
6:30 Body Pump® Fitness Room Jessica		6:30 Body Pump® Fitness Room Jessica			

CLASSES ARE COLOR CODED BY TYPE

- MIND/BODY
- STRENGTH
- CARDIO
- DANCE
- SPIN
- ACTIVE OLDER ADULT

Indicates classes that require a reservation to participate.

Reserve your spot by scanning the QR code, by visiting www.picktime.com/DunelandYMCA, or by calling the Y at (219)926-4204. Please reserve your spot 24 or less before the class start time.

www.dunelandymca.org/schedules

DUNELAND FAMILY YMCA

GROUP EXERCISE DESCRIPTIONS

DANCE

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

Zumba – Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

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

Low Impact Cardio – Dance at a slower pace. Great for beginners and active older adults.

STRENGTH

Cardio Barre – A ballet inspired fitness class incorporating a ballet barre, some plies, with burst of energy and light weights united together to give a full body workout. A focus on alignment and posture while enhancing coordination, balance and overall strength.

BODYPUMP® – A fast-paced, barbell-based workout specifically designed to get you lean, toned and fit. This strength class is choreographed to music using light to moderate weights with lots of repetition. Modifications shown for all fitness levels, BODYPUMP is a total body strength workout that burns up to 540 calories.

Core Blast: – Sculpt your Core in this 30 minute class! Designed with a wide variety of exercises and intensities, focusing on strengthening all core muscles, including abdominals, obliques, lower back and hips.

CARDIO

Turbo Kick – A high intensity, fast paced workout predesigned using martial arts and kickboxing moves including HIIT intervals for maximum calorie burn! High or low impact options with modifications shown.

Cardio Core and More – Quick, high intensity bursts of exercise with limited recovery time to improve speed, maximize caloric burn and challenge yourself.

Bootcamp – A blend of strength and cardio, Bootcamp is a full body workout utilizing weights and your own body weight. This class is designed to work at your own pace while hitting all the major muscle groups. Modifications will always be shown. Cardio drills will break up the station work for maximum calorie burn!

Total Body HIIT – High intensity interval training helps you to be more efficient in less time. Short bursts of intense exercise followed by short recovery breaks. Strength training, plyometrics, body weight exercises, sprints and other training techniques may be included.

SPIN

Spin Fusion – This 45 minute interval training spin class is designed to increase cardiovascular fitness, muscle strength and endurance. You will increase your heart rate and muscular strength using bands and weights.

ACTIVE OLDER ADULTS

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

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

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

MIND/BODY

Yoga – Grow longer and stronger as you work through movement designed to increase your flexibility, release tension, and improve posture. Breathing techniques will further enhance the yoga practice. This class is designed for all levels.

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

Hatha Yoga – Improve flexibility, balance and strength. Positions may be held longer than a minute.