



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.

DUNELAND FAMILY YMCA

GROUP EXERCISE SCHEDULE

Effective: September 13, 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
5:15 The HIIT PIT Fitness Room Kevis		5:15 The HIIT PIT Fitness Room Kevis		5:15 The HIIT PIT Fitness Room Kevis	8:00 TurboKick Fitness Room Katie
6:30 Spin® & Core Fitness Room Jill	6:00 Body Pump® Fitness Room Michelle	6:30 Spin® & Core Fitness Room Jill	6:00 Body Pump® Fitness Room Michelle	6:30 Spin® & Core Fitness Room Jill	8:00 Bootcamp Coffee Creek Amphitheater Clark
7:45 Y-B Fit Community Room Sandy		7:45 Y-B Fit Community Room Sandy		7:45 Y-B Fit Community Room Sandy	9:00 Body Pump® Fitness Room Instructor Rotation
8:15 Low Impact Cardio Fitness Room Kay		8:15 Low Impact Cardio Fitness Room Kay		8:15 Low Impact Cardio Fitness Room Kay	
8:30 Body Pump® South Gym Jill	8:45 Pound Fitness Room Katie	8:30 Body Pump® South Gym Jill	8:45 Pound Fitness Room Katie	8:30 Body Pump® South Gym Jill	
9:00 Zumba Toning Fitness Room Romi	8:45 Total Body HIIT South Gym Cylie	9:00 Line Dancing Coffee Creek Amphitheater Michele		9:00 Cardio Dance Fitness Room Lindsey	
	9:30 Pilates Fitness Room Deborah	9:00 TurboKick Fitness Room Katie	9:30 Pilates Fitness Room Deborah	10:00 Gentle Stretch Senior Center Maureen***	
10:30 Building Fit Friends Fitness Room Nancy	10:45 SS Classics Fitness Room Deborah	10:30 Building Fit Friends Fitness Room Nancy	10:45 SS Classics Fitness Room Deborah	10:30 Building Fit Friends Fitness Room Nancy	
12:00 Senior Dance Fitness Room Emmie					
PM	PM	PM	PM	PM	PM
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: 4:30 – 8:00 pm	FUN ZONE HOURS: Closed	FUN ZONE HOURS: Closed
4:15 The HIIT PIT Fitness Room Kevis		4:15 The HIIT PIT Fitness Room Kevis		4:15 The HIIT PIT Fitness Room Kevis	PLEASE NOTE THE FOLLOWING CLASS START DATES: **Barre begins on 9/20 **Step To It Begins on 9/21 ***Gentle Stretch begins on 9/24
	5:15 Step To It** Fitness Room Maureen		5:15 Step To It** Fitness Room Maureen		
5:15 Barre** Fitness Room Maureen	5:30 Cardio Core & More Lu Dewulf Studio Peggy Sue	5:30 Spin® Fusion Fitness Room Aimee	5:30 Cardio Core & More Lu Dewulf Studio Peggy Sue		
5:30 Yoga Virtual Class Yolanda	6:30 Zumba Fitness Room Jessica	5:30 Yoga Virtual Class Yolanda	6:30 Zumba Fitness Room Romi		
6:30 Body Pump® Fitness Room Jessica		6:30 Body Pump® Fitness Room Jessica			

CLASSES ARE COLOR CODED BY TYPE

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

DUNELAND FAMILY YMCA GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO CLASSES

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

Pound® – This 30 Minute class combines full-body cardio interval training, strength training, and pilates with drumming to get a full body workout! Using Ripstix®, lightly weighted drumsticks, you will let loose, tone up and rock out, providing a challenging, heart-pumping workout!

Step To It! – A cardiovascular workout that builds coordination and endurance while utilizing the step board in varying speeds, directions and positions to the beat of your favorite music. This workout strengthens and shapes the lower body, one step at a time. All levels are welcome.

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.

The HIIT PIT – HIIT stands for High-Intensity Interval Training, which is essentially a fancy term for circuits or, even simpler, cardio. In this 30 minute HIIT workout, you can expect to get your heart rate up for a certain amount of time, followed by a small rest period. The goal of the class to keep you at a “high intensity” level of exercise to boost your conditioning and cardiovascular strength.

MIND/BODY CLASSES

Gentle Stretch Yoga – Perfect for all levels, this class moves 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.

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.

SPIN CLASSES

Spin Fusion – 30 minutes of our traditional Spin class taking you through intervals of hills and speed followed with 15 minutes of floor and cardio exercises.

Spin & Core – 30 minutes of our traditional Spin class taking you through intervals of hills and speed followed with 15 minutes of sculpting and strengthening your Core! Spin & Core increases cardio endurance and creates lean muscle.

STRENGTH CLASSES

Barre – A ballet inspired fitness class incorporating a ballet barre, some plies, with bursts 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.

Pilates – is a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abs, arms and back. Breathing control and flexibility exercises restore balance, improve posture and body alignment.

Total Body HIIT – This 45 minute high intensity interval training is a training concept that revolves around alternating short periods of intense exercise with less intense recovery periods. Take on strength training, as well as improving overall cardiovascular fitness. All exercises can be modified to fit your fitness level. Every class will be a little different, providing a means of exploring alternate methods for getting stronger and making ourselves healthier.

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.

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

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.

Zumba Toning – If you are looking for a fun, exciting new workout then this is the one for you! When it comes to body sculpting and high energy cardio work, ZUMBA TONING raises the bar. It combines targeted body sculpting exercises utilizing light-weight weights to enhance rhythm, balance and coordination which targets all the major muscle groups. This is a high energy cardio workout with Latin infused ZUMBA moves which create a calorie torching, strength-training fitness dance party that will leave you feeling strong, toned and worked completely from head to toe. This class is perfect for all fitness levels.

ACTIVE OLDER ADULT CLASSES

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

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

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

Senior Dance Express Yourself– This class is for older adults who want to express themselves through the art of dance. Ballet, lyrical, and musical theater are taught in this class. Gentle warm-ups and stretching are introduced, along with simple dance routines. **Class runs September 13 – October 29**