

McPherson Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
5:45-6:30 AM Y-SPIN Ronn	5:45-6:30 AM Y-PUMP Linda Spencer	5:45-6:30 AM Y-SPIN Ronn	5:30-6:30 AM BODYPUMP™ Melody	5:45-6:30 AM Y-SPIN Ronn	
6:00-6:30 AM CORE Angela		6:00-6:30 AM CORE Angela		6:00-6:30 AM CORE Angela (@ Program Room)	
5:45-6:30 AM SUNRISE YOGA (@ Program Room) Kelli		5:45-6:30 AM SUNRISE YOGA (@ Program Room) Kelli		6:00-7:00 AM POWER STEP Sarah	
8:15-9:00 AM Y-SPIN Robin	8:15-9:00 AM INTERVALS, CIRCUITS & STRENGTH Emily	8:15-9:00 AM Y-SPIN Emily K.	8:15-9:00 AM INTERVALS, CIRCUITS & STRENGTH Emily	8:15-9:00 AM Y-SPIN Robin	7:00-8:00 AM SATURDAY SPIN Ronn (Starts in Dec.)
8:15-9:00 AM INTENSE INTERVALS Heather	8:15-9:00 AM PILATES (@ Program Room) Celaine	8:10-9:00 AM POWER STEP Melody/Melissa	8:15-9:00 AM PILATES (@ Program Room) Leanna	8:10- 9:10 AM STRONG BY ZUMBA™ Melody	7:45-8:30 AM SATURDAY ZUMBA® Kylee
9:10-10:10 AM BODYPUMP™ Angela	9:10-10:00 AM ZUMBA® Celaine	9:10-10:10 AM BODYPUMP™ Angela	9:10-10:00 AM ZUMBA® Melody	9:10-10:10 AM BODYPUMP™ Angela	9:00—10:00 AM BODYPUMP™ (SAT) Hannah
9:00-9:30 AM YOGA STRETCH (@ Program Room) Kelli		9:00-9:30 AM YOGA STRETCH (@ Program Room) Kelli		9:00-9:30 AM YOGA STRETCH (@ Program Room) Leanna	
10:20-11:20 AM Enhance Fitness® Mindy	10:00-10:45 AM Tai Chi Leanna	10:20-11:20 AM Enhance Fitness® Mindy	10:00-10:45 AM Senior and Beginner Fitness Leanna	10:20-11:20 AM Enhance Fitness® Mindy	Shaded Box Indicates a great start for: Beginners and Active Older Adults.
10:15-11:15 AM Enhance Fitness® (@ Cedars) Kelli	12:10-12:40 PM Express Burn Emily Koehn	10:15-11:15 AM Enhance Fitness® (@ Cedars) Sara G.	12:10-12:40 PM Express Burn Troy	10:15-11:15 AM Enhance Fitness® (@ Cedars) Sara G.	
12:10-1:10 PM BODYPUMP™ Melissa	12:10-12:50 PM MID DAY YOGA (@ Program Room) Linda Shandy	12:10-1:10 PM BODYPUMP™ Melissa	12:10-12:50 PM MID DAY YOGA (@ Program Room) Linda Shandy	12:10-12:50 PM BOOT CAMP Stan	1:05-2:05 PM BODYPUMP™ (SUN) Melody
	1:50-2:50 PM BODYPUMP™ Sarah		1:50-2:50 PM BODYPUMP™ Sarah		2:15-3:15 PM BOOTCAMP (SUN) Stan/Troy
4:15-5:00 PM POWER STEP Melody	4:00-5:00 PM BODYPUMP™ Chelsea	4:20-5:20PM Y-PUMP Linda Spencer	4:00-5:00 PM BODYPUMP™ Chelsea		3:00-4:00 PM SUNDAY YOGA Laura
5:30-6:30 PM BODYPUMP™ Hannah	5:30-6:30 PM BOOT CAMP Stan	5:30-6:30 PM RIP Courtney	5:30-6:30 PM BOOT CAMP Stan		
6:00-7:00 PM SPIN AND ABS (@ Spin Room) Peg (Ends March 7th)	5:30-6:15 PM Y-SPIN (@ Spin Room) Mary	6:00-7:00 PM SPIN AND ABS (@ Spin Room) Peg (Ends March 7th)	5:30-6:15 PM Y-SPIN (@ Spin Room) Mary		
	6:30-7:30 PM EVENING YOGA (@ Program Room) Kate		6:30-7:30 PM POWER YOGA (@ Program Room) Kate		
6:30-7:30 PM (@ Program Room) RESTORATIVE YOGA —Kelli	6:45-7:30 PM ZUMBA® Kayla	6:30-7:30 PM (@ Program Room) RESTORATIVE YOGA —Kelli			
6:45-7:45 PM ZUMBA® Kylee	7:30-8:15 PM (@ Program Room) PILATES Leanna	6:45-7:45 PM STRONG BY ZUMBA™ Melody			



HEALTHY LIVING FITNESS SCHEDULE
Jan 2-May 26, 2018
ALL FITNESS CLASSES ARE FREE TO MEMBERS

CLASS DESCRIPTIONS

HEALTHSEEKER: If you're just getting started, or trying to get back on track, these classes are for you. Instructors will provide you with personalized help.

ENHANCE FITNESS® - Is an innovative, multi-component (cardio, strength, flexibility, and balance) physical activity program with demonstrated health benefits for older adults of different physical abilities

RESTORATIVE YOGA - All level class for stress release and relaxation. A great class for beginners that includes neck/shoulder, hip and low back openings.

SENIOR AND BEGINNER FITNESS - A great class for beginners or active older adults that includes strength, cardio, and balance exercises using a variety of safe equipment.

TAI CHI - One of the most effective exercises for physical and mental well being. The focus in this class will be to increase flexibility, muscle strength, increase heart/lung activity, as well as proper body alignment and improvement in balance.

MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both!

CORE - A 30 minute focus on your foundation- the core. Create stability from the middle of your body, the basis of all movement, then layer on mobility, strength, and power.

BODYPUMP™ - Get lean muscles with this barbell results-driven program from Les Mills. 800 repetitions done in each class! A total body workout that is sure to keep you coming back for more!

EVENING YOGA - Beat stress with soft and hard yoga poses. Tone and strengthen your body with easy and more challenging moves, always modifying them to your own flexibility. All levels welcome!

EXPRESS BURN - Need a good workout but only have your noon hour to get it done? Get your workout done in a half hour over your lunch break! This class will use a variety of exercises for the whole body to keep you fit.

MID-DAY YOGA - 40 minute Hatha yoga session focused on relaxation and stress release. Practice poses that gently strengthen and stretch your muscles as well as open joints. Relieve work related stress and energize your day.

PILATES - A series of exercises that are designed to strengthen the core and back and to improve flexibility.

POWER STEP - A step program designed by Power Music to push your cardio edge into high gear and attack the legs in every plane of motion, both on the step and on the floor. This is not your old-school step aerobics!

POWER YOGA - Add intensity, challenge, strength building, and stamina to your mindful yoga movements. Some basic knowledge of yoga is helpful.

SUNDAY SPIN - Group biking classes take place downstairs. Biking on stationary bicycles, intensity is changed through resistance, speed, and body position on the bike.

SUNRISE YOGA - Early morning class to get your day going. All level class including sun salutations and flow sequences. Some intermediate poses will be introduced.

YOGA STRETCH - 30 minute class to stretch and lengthen major muscle groups and open hips, shoulders, back, etc.

Y-PUMP - Want to change your body? Join this group weight training session. Pump up your muscles and reshape your body using dumbbells, barbells, bands, and balls. Offers a great variety to shake up your strength training.

Y-SPIN - Group biking classes take place downstairs. Biking on stationary bicycles, intensity is changed through resistance, speed, and body position on the bike.

ZUMBA® - A fun, dynamic and exciting class full of Latin and exotic international music flavors. The routines feature intervals with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as glutes, legs, arms, abdominals, and most importantly, the heart. No dance experience is required. Join us!

RIP - A choreographed group workout using weights and body weight. Safe and motivating workout to great music. Functional, rotational and undeniably motivational. RIP delivers results.

FITNESS ENTHUSIAST: For those looking for an additional challenge in their exercise routine. Classes move at a fast, intense pace!

BOOT CAMP - Are you ready for a new training routine? Then try our Boot Camp! A YMCA instructor will lead you through a challenging cardio and abs workout. Each day expect something different.

INTERVALS, CIRCUITS & STRENGTH - This is a high intensity interval training class that uses both traditional callisthenic and body weight exercises. It will improve aerobic and anaerobic capacity and improve glucose metabolism and fat burning.

INTENSE INTERVALS - An always changing class that will incorporate high intensity intervals with alternating rest periods which will ramp up the calorie burn and get your body into the anaerobic zone of fitness training. A great class to try to push your body to its limits!

STRONG BY ZUMBA™ - combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.