


# McPherson Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
5:45-6:30 AM <b>Y-SPIN</b> Ronn 6:00-6:30 AM <b>BARRE</b> Angela 5:45-6:30 AM <b>SUNRISE YOGA</b> (@ Program Room) Kelli	5:45-6:30 AM <b>Y-PUMP</b> Linda Spencer 8:15-9:00 AM <b>INTERVALS, CIRCUITS &amp; STRENGTH</b> Emily 8:15-9:00 AM <b>PILATES</b> (@ Program Room) Celaine	5:45-6:30 AM <b>Y-SPIN</b> Ronn 6:00-6:30 AM <b>BARRE</b> Angela 5:45-6:30 AM <b>SUNRISE YOGA</b> (@ Program Room) Kelli	5:30-6:30 AM <b>BODYPUMP™</b> Melody 8:15-9:00 AM <b>INTERVALS, CIRCUITS &amp; STRENGTH</b> Emily 8:15-9:00 AM <b>PILATES</b> (@ Program Room) Leanna	5:45-6:30 AM <b>Y-SPIN</b> Ronn 6:00-6:30 AM <b>BARRE</b> Angela 8:15-9:00 AM <b>Y-SPIN</b> Robin 8:05-9:05 AM <b>ACTIVE TOGETHER</b> Dawn (starts Oct. 11th)	7:00-8:00 AM <b>SATURDAY SPIN</b> Ronn(starts in Dec.) 8:00-9:00 AM <b>BODYPUMP™ (SAT)</b> Hannah 9:15-10:00 AM <b>SATURDAY ZUMBA®</b> Kylee
9:10-10:10 AM <b>BODYPUMP™</b> Angela 9:00-9:30 AM <b>YOGA STRETCH</b> (@ Program Room) Kelli	9:10-10:00 AM <b>ZUMBA®</b> Celaine 9:10-10:10 AM <b>Y-SPIN</b> Dawn (starts Oct. 8th)	9:10-10:10 AM <b>BODYPUMP™</b> Angela 9:00-9:30 AM <b>YOGA STRETCH</b> (@ Program Room) Kelli	9:10-10:00 AM <b>ZUMBA®</b> Melody 9:10-10:10 AM <b>BALANCE AND FLEX TOGETHER</b> (@ Program Room) Dawn(starts Oct. 10th)	9:10-10:10 AM <b>BODYPUMP™</b> Angela 9:00-9:30 AM <b>YOGA STRETCH</b> (@ Program Room) Leanna	10:00-11:00 AM <b>BALANCE AND FLEX TOGETHER (SAT)</b> (@ Program Room) Dawn (starts Oct. 12th)
10:20-11:20 AM <b>Enhance® Fitness</b> Mindy	11:00-11:30 AM <b>Tai Chi</b> (@Cedars) Rex	10:20-11:20 AM <b>Enhance® Fitness</b> Mindy	11:00-11:30 AM <b>Tai Chi</b> (@Cedars) Rex	10:20-11:20 AM <b>Enhance® Fitness</b> Mindy	10:00-11:00 AM <b>BALANCE AND FLEX TOGETHER (SAT)</b> (@ Program Room) Dawn (starts Oct. 12th)
10:15-11:15 AM <b>Enhance® Fitness</b> (@ Cedars) Kelli		10:15-11:15 AM <b>Enhance® Fitness</b> (@ Cedars) Somer		10:15-11:15 AM <b>Enhance® Fitness</b> (@ Cedars) Leanna	
12:10-1:10 PM <b>BODYPUMP™</b> Melissa 12:10-12:50 PM <b>MID DAY YOGA</b> (@ Program Room) Linda Shandy	12:10-12:40 PM <b>EXPRESS BURN</b> Instructor Rotation 4:00-5:00 PM <b>BODYPUMP™</b> Chelsea	12:10-12:40 PM <b>CARDIO DANCE</b> Leanna 12:10-12:50 PM <b>MID DAY YOGA</b> (@ Program Room) Linda Shandy	12:10-1:10 PM <b>BODYPUMP™</b> Melissa 4:00-5:00 PM <b>BODYPUMP™</b> Chelsea	12:10-12:50 PM <b>BOOT CAMP</b> Stan	1:05-2:05 PM <b>BODYPUMP™ (SUN)</b> Melody 2:15-3:15 PM <b>BOOTCAMP (SUN)</b> Stan
4:20-5:20 PM <b>PUMP IT UP!</b> Somer	5:30-6:30 PM <b>BOOT CAMP</b> Stan	4:00-5:00 PM <b>BALANCE AND FLEX TOGETHER</b> (@ Program Room) Dawn(starts Oct. 9th) 4:20-5:20 PM <b>PUMP IT UP!</b> Linda Spencer	5:30-6:30 PM <b>BOOT CAMP</b> Stan		3:30-4:30 PM <b>WAR (SUN)</b> Somer
5:30-6:30 PM <b>BODYPUMP™</b> Hannah 6:30-7:30 PM <b>Y-SPIN &amp; ABS</b> (@ Spin Room) Peg (starts Nov. 4th)	5:30-6:15 PM <b>Y-SPIN</b> (@ Spin Room) Mary 6:30-7:30 PM <b>EVENING YOGA</b> (@ Program Room) Kate	5:30-6:30 PM <b>CARDIO LIFT</b> Emily Koehn 6:30-7:30 PM <b>Y-SPIN &amp; ABS</b> (@ Spin Room) Peg (starts Nov. 4th)	5:30-6:15 PM <b>Y-SPIN</b> (@ Spin Room) Mary 6:30-7:30 PM <b>POWER YOGA</b> (@ Program Room) Kate		
6:45-7:45 PM <b>BALANCE AND FLEX TOGETHER</b> (@ Program Room) Dawn(starts Oct. 7th) 6:45-7:30 PM <b>ZUMBA®</b> Kylee	6:45-7:45 PM <b>STRONG</b> Melody 7:30-8:15 PM <b>PILATES</b> (@ Program Room) Leanna	6:45-7:30 PM <b>ZUMBA®</b> Kylee	6:45-7:45 PM <b>ACTIVE TOGETHER</b> Dawn (starts Oct. 10th) 7:30-8:15 PM <b>PILATES</b> (@ Program Room) Neva		

Shaded Box Indicates a great start for: **Beginners and Active Older Adults.**

**HEALTHY LIVING FITNESS SCHEDULE**  
**September 3, 2019 – May 26, 2020**  
**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.

**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!**

**BARRE**- Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do. Barre delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape!

**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!

**CARDIO DANCE**- Dance away the extra pounds with this fun cardio class!

**CARDIO LIFT**- A light to medium weighted group workout using a variety of exercises. This class will work your entire body and keep your heart pumping. Get your lifting and cardio done in one class! Safe and motivating workout to great music.

**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.

**ACTIVE TOGETHER**-Active Together is a simple and athletic program drawing from all four elements of fitness: cardio, strength, balance, and flexibility.

**BALANCE AND FLEX TOGETHER**- Balance & Flex Together is an athletic mind-body program including fundamentals from yoga and Pilates set to emotive music.

**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.

**PUMP IT UP!** - Want to change your body? Join this group weight training and light cardio session. Pump up your muscles and reshape your body using dumbbells, barbells, bands, and balls. Also, keep the extra fat away with some light cardio mixed in to make for a complete workout in just one class!

**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.

**WAR**- An exhilarating total body workout where a fusion of martial arts meets chart topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros.

**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!

**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.

**STRONG** - 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.