

# McPherson Family YMCA

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SAT/SUN   |
|---|---|---|--|---|---|
| 5:45-6:30 AM<br><b>Y-SPIN</b><br>Ronn<br><br>5:45-6:30 AM<br><b>SUNRISE YOGA</b><br>(@ Program Room)<br>Kelli<br><br>6:00-6:30 AM<br><b>BARRE</b><br>Angela | 5:45-6:30 AM<br><b>Y-PUMP</b><br>Linda Spencer  | 5:45-6:30 AM<br><b>Y-SPIN</b><br>Ronn<br><br>5:45-6:30 AM<br><b>SUNRISE YOGA</b><br>(@ Program Room)<br>Kelli<br><br>6:00-6:30 AM<br><b>BARRE</b><br>Angela | 5:30-6:30 AM<br><b>BODYPUMP™</b><br>Melody<br><br>5:30-6:30 AM<br><b>BALANCE AND FLEX TOGETHER</b><br>(@ Program Room)<br>Angela   | 5:45-6:30 AM<br><b>Y-SPIN</b><br>Ronn<br><br>6:00-6:30 AM<br><b>BARRE</b><br>Angela   | 7:00-8:00 AM<br><b>Y-SPIN (SAT)</b><br>Ronn   |
| 8:05-9:05 AM<br><b>POWERSTEP</b><br>Kim<br><br>8:15-9:00 AM<br><b>Y-SPIN</b><br>Robin   | 8:15-9:00 AM<br><b>INTERVALS, CIRCUITS &amp; STRENGTH</b><br>Emily<br><br>8:15-9:00 AM<br><b>PILATES</b><br>(@ Program Room)<br>Celaine | 8:05-9:05 AM<br><b>POWERSTEP</b><br>Kim<br><br>8:15-9:00 AM<br><b>PEDAL &amp; PUMP</b><br>Emily   | 8:15-9:00 AM<br><b>INTERVALS, CIRCUITS &amp; STRENGTH</b><br>Emily<br><br>8:15-9:00 AM<br><b>PILATES</b><br>(@ Program Room)<br>Leanna   | 8:05-8:35 AM<br><b>STRONG 30</b><br>Melody<br><br>8:15-9:00 AM<br><b>Y-SPIN</b><br>Robin                                    | 8:00-9:00 AM<br><b>BODYPUMP™ (SAT)</b><br>Hannah  |
| 9:10-10:10 AM<br><b>BODYPUMP™</b><br>Angela<br><br>9:00-9:30 AM<br><b>YOGA STRETCH</b><br>(@ Program Room)<br>Kelli   | 9:10-10:00 AM<br><b>ZUMBA®</b><br>Celaine   | 9:10-10:10 AM<br><b>BODYPUMP™</b><br>Angela<br><br>9:00-9:30 AM<br><b>YOGA STRETCH</b><br>(@ Program Room)<br>Kelli   | 9:10-10:00 AM<br><b>ZUMBA®</b><br>Melody   | 9:10-10:10 AM<br><b>BODYPUMP™</b><br>Angela<br><br>9:00-9:30 AM<br><b>YOGA STRETCH</b><br>(@ Program Room)<br>Leanna        | 9:15-10:00 AM<br><b>ZUMBA® (SAT)</b><br>Kylee   |
| 10:20-11:20 AM<br><b>Enhance® Fitness</b><br>Mindy<br><br>10:15-11:15 AM<br><b>Enhance® Fitness</b><br>(@ Cedars)<br>Kelli                                  | 11:00-11:30 AM<br><b>Tai Chi</b><br>(@Cedars) Rex   | 10:20-11:20 AM<br><b>Enhance® Fitness</b><br>Mindy<br><br>10:15-11:15 AM<br><b>Enhance® Fitness</b><br>(@ Cedars)<br>Somer                                  | 11:00-11:30 AM<br><b>Tai Chi</b><br>(@Cedars) Rex  | 10:20-11:20 AM<br><b>Enhance® Fitness</b><br>Mindy<br><br>10:15-11:15 AM<br><b>Enhance® Fitness</b><br>(@ Cedars)<br>Leanna |   |
| 12:10-1:10 PM<br><b>BODYPUMP™</b><br>Melody<br><br>12:10-12:50 PM<br><b>MID DAY YOGA</b><br>(@ Program Room)<br>Linda Shandy                                | 12:10-12:40 PM<br><b>CARDIO DANCE</b><br>Leanna   | 12:10-12:40 PM<br><b>EXPRESS BURN</b><br>Courtney<br><br>12:10-12:50 PM<br><b>MID DAY YOGA</b><br>(@ Program Room)<br>Linda Shandy                          | 12:10-12:55 PM<br><b>BODYPUMP™-45</b><br>Hannah  | 12:10-12:50 PM<br><b>BOOT CAMP</b><br>Stan  | 1:05-2:05 PM<br><b>BODYPUMP™ (SUN)</b><br>Melody<br><br>2:15-3:15 PM<br><b>BOOTCAMP (SUN)</b><br>Stan |
| 4:20-5:20 PM<br><b>PUMP IT UP!</b><br>Somer   | 4:00-5:00 PM<br><b>BODYPUMP™</b><br>Chelsea   | 4:20-5:20 PM<br><b>PUMP IT UP!</b><br>Linda Spencer   | 4:00-5:00 PM<br><b>BODYPUMP™</b><br>Chelsea  |   |   |
| 5:30-6:30 PM<br><b>BODYPUMP™</b><br>Hannah<br><br>5:45-6:45 PM<br><b>Y-SPIN &amp; ABS</b><br>(@ Spin Room)<br>Peg   | 5:30-6:30 PM<br><b>BOOT CAMP</b><br>Stan<br><br>5:30-6:15 PM<br><b>Y-SPIN</b><br>(@ Spin Room)<br>Mary                                  | 5:30-6:30 PM<br><b>CARDIO LIFT</b><br>Emily Koehn<br><br>5:45-6:45 PM<br><b>Y-SPIN &amp; ABS</b><br>(@ Spin Room)<br>Peg                                    | 5:30-6:30 PM<br><b>BOOT CAMP</b><br>Stan<br><br>5:30-6:15 PM<br><b>Y-SPIN</b><br>(@ Spin Room)<br>Mary   |   |   |
| 6:45-7:45 PM<br><b>BALANCE AND FLEX TOGETHER</b><br>(@ Program Room)<br>Angela<br><br>6:45-7:30 PM<br><b>ZUMBA®</b><br>Kylee                                | 6:30-7:15 PM<br><b>PILATES</b><br>(@ Program Room)<br>Neva<br><br>6:45-7:30 PM<br><b>JUMPSTART YOUR METABOLISM</b><br>Somer             | 6:30-7:30 PM<br><b>EVENING YOGA</b><br>(@ Program Room)<br>Kate<br><br>6:45-7:45 PM<br><b>STRONG</b><br>Melody  | 6:30-7:30 PM<br><b>POWER YOGA</b><br>(@ Program Room)<br>Kate<br><br>6:45-7:30 PM<br><b>JUMPSTART YOUR METABOLISM</b><br>Somer<br><br>7:30-8:15 PM<br><b>PILATES</b><br>(@ Program Room)<br>Leanna |   |   |

**HEALTHY LIVING FITNESS SCHEDULE**  
 March 2020  
**ALL FITNESS CLASSES ARE FREE TO MEMBERS**

More Balance and Flex Together on Wednesdays @ 4 pm and Thursdays @ 9:10 am starting in April!



## 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

**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!**

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

**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.

**JUMPSTART YOUR METABOLISM**—Metabolic training is a unique type of exercise class that utilizes multiple joint movements and full body exercises to create a "ripple effect" on the metabolism. This class has been designed for all levels. Each exercise will have a beginner, intermediate and advanced movement.

**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.

**PEDAL & PUMP** - A fusion of indoor cycling and light weights! The cardio from pedaling followed by strengthening the body with resistance training makes for a great full body workout!

**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.

**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.

**Y-SPIN & ABS**—This group biking class on stationary bikes, located downstairs, works not only the heart for a great cardio workout without the impact, but also strengthens the core by incorporating a great ab workout into the class.

**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** - This class 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. Using only your body, you will ramp the heart-rate, tone muscles, and get STRONG! Another benefit—calories will keep melting off even when the class is over!

**STRONG 30**—Get that same great experience of STRONG, but in half the time! A full-body workout using no equipment, just you, in only 30 minutes. Perfect synchronization of moves and music. This class will motivate you to get moving and keep moving until it's over.