



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

McPherson Family YMCA Land Fitness Schedule 5/1/2021 - 5/30/2021

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sat/Sun</u>
5:45-6:30 am Y-Spin Ronn Peters Spin Room	5:45-6:30 am Y-Pump Linda Spencer Aerobics Room	5:45-6:30 am Y-Spin Ronn Peters Spin Room	5:30-6:30 am Bodypump Melody Elder Aerobics Room	5:45-6:30 am Y-Spin Ronn Peters Spin Room	8:00-9:00 am Bodypump (SAT) Hannah Litwiller Aerobics Room
5:45-6:30 am Barre Angela Riemann Aerobics Room	8:15-9:00 am Intervals, Circuits & Strength Emily Kynaston Aerobics Room	5:45-6:30 am Barre Angela Riemann Aerobics Room	8:15-9:00 am Intervals, Circuits & Strength Emily Kynaston Aerobics Room	5:45-6:30 am Barre Angela Riemann Aerobics Room	
8:05-9:05 am Powerstep Kim Unruh Aerobics Room	8:15-9:00 am Pilates Sommer Van Pelt Program Room	8:05-9:05 am Powerstep Kim Unruh Aerobics Room	8:15-9:00 am Pilates Leanna Prather Program Room	8:15-9:05 am Zumba Melody Elder Aerobics Room	
8:15-9:00 am Y-Spin Robin Werth Spin Room	12:20-1:00 pm Cardio Dance Kayla Sides Aerobics Room	8:15-9:00 am Y-Spin Emily Kynaston Spin Room	9:15-10:15 am Balance and Flex Together Leanna Prather Program Room	9:15-9:45 am Yoga Stretch Leanna Prather Aerobics Room	1:15-2:15 pm Boot Camp (SUN) Sommer Vanpelt/ Stan Smith Aerobics Room
9:15-9:45 am Yoga Stretch Kelli Dossett Aerobics Room	4:00-5:00 pm Bodypump Chelsea Aichele Aerobics Room	9:15-9:45 am Yoga Stretch Kelli Dossett Aerobics Room	12:10-12:55 pm Bodypump-45 Hannah Litwiller Aerobics Room	10:20-11:20 am Enhance Fitness Leanna Prather Aerobics Room	
10:20-11:20 am Enhance Fitness Sommer Van Pelt Aerobics Room	5:30-6:30 pm Boot Camp Stan Smith Aerobics Room	10:20-11:20 am Enhance Fitness Sommer Van Pelt Aerobics Room	4:00-5:00 pm Bodypump Chelsea Aichele Aerobics Room	12:10-12:40 pm Boot Camp Stan Smith Aerobics Room	1:30-2:30 pm Balance and Flex Together (SUN) Leanna Prather Program Room
12:10-1:10 pm Bodypump Melody Elder Aerobics Room	5:30-6:15 pm Y-Spin Mary Steffes Spin Room	12:10-12:50 pm Mid Day Yoga Linda Shandy Program Room	5:30-6:30 pm Boot Camp Stan Smith Aerobics Room	12:10-1:10 pm Pilates Leanna Prather Program Room	2:30-3:30 pm Bodypump (SUN) Melody Elder Aerobics Room
12:10-12:50 pm Mid Day Yoga Linda Shandy Program Room	6:30-7:30 pm Evening Yoga Kate Mannenbach Program Room	12:10-12:40 pm Express Burn Courtney Rierson Aerobics Room	5:30-6:15 pm Y-Spin Mary Steffes Spin Room		
4:20-5:20 pm Pump It Up Sommer Vanpelt Aerobics Room	6:45-7:30 pm Jumpstart Your Metabolism Sommer Vanpelt Aerobics Room	4:20-5:20 pm Pump It Up Linda Spencer Aerobics Room	6:30-7:30 pm Power Yoga Kate Mannenbach Program Room		
5:30-6:30 pm Bodypump Hannah Litwiller Aerobics Room		5:30-6:30 pm Bodypump Tricia Roots Aerobics Room	6:45-7:30 pm Jumpstart Your Metabolism Sommer Vanpelt Aerobics Room		
6:45-7:45 pm Balance and Flex Together Angela Riemann Program Room		6:45-7:35 pm Zumba Melody Elder Aerobics Room			

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

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!

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.

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!

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. Cycling is a great low-impact workout for all.

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!