

CLIPPARD FAMILY YMCA GROUP ACTIVITIES

June 6th –July 31st

GROUP FITNESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PILATES 5:45-6:30 a.m. Karen H.		PILATES 5:45-6:30 a.m. Karen H.				
	CARDIO 8:30-9:15 a.m. Connie	STRENGTH 8:45-9:30 a.m. Karen E.	CARDIO 8:30-9:15 a.m. Connie	STRENGTH 8:45-9:30 a.m. Deb S.	CARDIO 8:30-9:15 a.m. Connie	STEP & SCULPT 8:30-9:30 a.m. Stacey	
	STRENGTH 9:15-9:45 a.m. Connie	CARDIO COMBO 9:30-10:30 a.m. Karen E.	STRENGTH 9:15-9:45 a.m. Tammy	CARDIO COMBO 8:45-9:30a.m. 9:30-10:30a.m. Deb S.	STRENGTH 9:15-9:45 a.m. Connie	PILATES 9:30-10:30 a.m. Beth	
	STEP 9:45-10:30 a.m. Tammy	SILVER SNEAKERS CARDIO CIRCUIT 10:30-11:30 a.m. Nora	STEP 9:45-10:30 a.m. Tammy	SILVER SNEAKERS CARDIO CIRCUIT 10:30-11:30 a.m. Nora	STEP 9:45-10:30 a.m. Tammy	KICKBOXING 10:30-11:30a.m. Karen E.	
	CORE & BALL 10:30-11:00 a.m. Tammy	SILVER SNEAKERS MSROM 11:30-12:30 p.m. Nora	PILATES 10:30-11:30 a.m. Tammy	SILVER SNEAKERS MSROM 11:30-12:30 p.m. Nora	PILATES 10:30-11:30 a.m. Tammy	ZUMBA 11:30-12:30 p.m. Christian	
	STEP 101 11:00-11:30 a.m. Tammy	New <u>Summer</u> Class Cardio Belly Dancing 5:30-6:15 Begins 6/15		New <u>Summer</u> Class Dynamic Cardio/Strength 5:30-6:15 Begins 6/17			
	KICKBOXING 5:30-6:15 p.m. Jean	STEP 6:15-7:00 p.m. Stacey	KICKBOXING 5:30-6:15 p.m. Jean	STEP 6:15-7:00 p.m. Sue S.		**Please arrive 10-15 minutes prior to start of class.	**Schedule subject to change
	PILATES 6:15-7:15 p.m. Karen H.	STRENGTH 7:00-7:30 p.m. Stacey	PILATES 6:15-7:15 p.m. Beth	STRENGTH 7:00-7:30 p.m. Sue S.			
YOGA 7:15-8:15 p.m. Melissa	ZUMBA 7:30-8:25 p.m. Trina	YOGA 7:15-8:15 p.m. Cathy	ZUMBA 7:30-8:25 p.m. Trina		**All classes are free to members		

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45-6:30 a.m. Tom		5:45-6:30 a.m. Tom		7:30-8:30 a.m. Mary
	9:00-9:45 a.m. Susan	9:30-10:15 a.m. Tina	9:00-9:45 a.m. Tricia	Cycle 101*First Thursday *8:45-9:15a.m. 9:30-10:15a.m. Tricia	9:00-9:45 a.m. Susan	
7:00-7:45 p.m. Mary	7:15-8:00 p.m. Amy	7:00-7:15 p.m. Tricia	7:15-8:00p.m. Tina			

AQUA FIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AQUA FITNESS 9:00-9:55 a.m.	AQUA COMBO 9:00-9:55 a.m.	AQUA FITNESS 9:00-9:55 a.m.	AQUA COMBO 9:00-9:55 a.m.	AQUA FITNESS 9:00-9:55 a.m.	VARIETY PACK 9:00-9:55 a.m.
		AQUA STRIDE 10:00-10:30 a.m.	DEEP WATER 11:15 a.m.-12:00 p.m.	AQUA STRIDE 10:00-10:30 a.m.		
	Active Older Adults 11:05-12:00 p.m.		Active Older Adults 11:05-12:00 p.m.		Active Older Adults 11:05-12:00 p.m.	
	ARTHRITIS 1:00-2:00 p.m.	ARTHRITIS 1:00-2:00 p.m.	SILVER SPLASH 1:00-2:00 p.m.	ARTHRITIS 1:00-2:00 p.m.		
		VARIETY PACK 6:00-6:55 p.m.		VARIETY PACK 6:00-6:55 p.m.		
AQUA FITNESS 7:05-8:00p.m.	DEEP WATER AEROBICS 7:15-7:55 P.M.	AQUA FITNESS 7:05 p.m.				



CLIPPARD YMCA GROUP FITNESS

All group fitness classes are “drop in”. No registration required and is free to members.

Participants may purchase Group Fitness Punch Cards.

Fees: Free/Member

\$80 Program Participant Session Pass

STRENGTH CLASSES

Focus on muscle toning and strengthening exercises.

Strength

Designed to provide a well-rounded workout.

Core

Includes exercises to work abs, obliques, back, and glutes.

CARDIO CLASSES

Emphasize increasing your heart rate to burn calories.

CARDIO

Offers high, mid, and low impact options. Performed to music.

ZUMBA

Latin based dance and fitness class. All levels welcome and no previous dance experience required.

STEP

Aerobic class that uses a step as you perform combinations to music.

KICKBOXING

Uses a variety of movements from kickboxing to get you moving.

GROUP CYCLING

Moderate to high intensity, non-impact cardiovascular workout. Towel and water bottle require for entry into class.

GROUP CYCLING 101

For newcomers who want a challenging 30- minute workout.

SILVER SNEAKERS CARDIO CIRCUIT

Senior workout. Offers varied intensities to achieve cardiovascular benefits.

COMBINATION CLASSES

Designed to mix cardio and strength training workouts.

INTERVALS

Cardio class that changes between high and low intensity exercises.

CIRCUIT

Combines cardio workout with intervals of strength training.

STEP & SCULPT

Combines step class with muscle conditioning sculpt class.

CARDIO COMBO

Varied cardio and strength class.

SILVER SNEAKERS MSROM

Senior workout. Combination of seated and standing exercises. Intensity varies with ability.

FLEXIBILITY CLASSES

Focus on stretching, toning, and relaxation exercises.

YOGA

Concentrates on flexibility, balance, and relaxation through yoga movements.

PILATES

Combines stretching, toning, and balance using Pilates exercises.

INSTRUCTIONAL CLASSES

Help the new user learn the class format before attending a formal group fitness class.

STEP 101

A welcoming environment to help you eventually attend our step classes. Not an exercise class.

Note: Times and programs may vary.

AQUATIC CLASSES

ARTHRITIS YMCA WATER PROGRAM

Gentle joint range-of-motion, balance, flexibility workout.

SILVER SPLASH

Non-impact, joint range-of-motion with endurance

ACTIVE OLDER ADULT/LOW INTENSITY

All-over workout for 50 and up. Light cardio with stretching and toning

AQUA STRIDE

½ hr. light cardio. Traveling in water channel builds endurance and core stability with upper body options.

AQUA FITNESS

Intermediate level total body workout. Low impact cardio with muscular strength and endurance.

AQUA COMBO

Advanced workout in varying water depths. Total body cardio, muscular strength, and endurance workout.

VARIETY PACK/INSTRUCTOR CHOICE

Intermediate to advanced total body cardio and strength building class with a variety of formats: circuit, interval, cycle.

DEEP WATER AEROBIC

Advance workout in the diving board area of the outdoor pool. Low impact cardio with muscular strength and endurance.