



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUNE FishHawk Ranch YMCA Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	Road Ride Penny		Road Ride Suzanne			
8:15am						<b>LES MILLS CXWORK</b> Susie (8:15am)
8:30am	<b>LES MILLS BODYCOMBAT</b> Jill	Pilates* Michele	Yogalates* Michele	Interval Training Kelli	<b>LES MILLS BODYSTEP</b> Shannon	
9am						<b>LES MILLS RPM</b> Susie
9:30am	Cardio Stability Michele	Body Sculpt Kelli	<b>ZUMBA</b> Tina/Heather	Body Sculpt Kelli	<b>LES MILLS BODYPUMP</b> Shannon	
10am						<b>LES MILLS BODYPUMP</b> Shannon
10:30am	Yoga* Michele		<b>LES MILLS BODYPUMP</b> Tina/Karen	Yoga* Shaye (1 hr. 15 min.)	Yoga* Michele	
11am						<b>LES MILLS BODYFLOW</b> Maria
11:30am			MSROM Sharon			
4pm		<b>LES MILLS BODYPUMP</b> Karen	<b>LES MILLS RPM</b> Michele	Yoga* Michele		
5pm	<b>LES MILLS RPM</b> Chris			<b>LES MILLS SH'BAM</b> Brooke		
6pm	<b>LES MILLS CXWORK</b> Tiffani		Interval Training Kelli	<b>LES MILLS BODYPUMP EXPRESS</b> Heather (30 min.)		
6:30pm	<b>LES MILLS BODYATTACK EXPRESS (30 min.)</b> Tiffani			<b>LES MILLS CXWORK</b> Heather		
7pm	<b>LES MILLS BODYFLOW</b> Maria		Yogalates* Michele	<b>LES MILLS BODYFLOW</b> Maria		

\*Family Friendly Class: Youth ages 8-12 may attend with an adult present and after attending a Youth Orientation class.

Members from age 13-18 may attend all classes upon completion of the Teen Orientation class. Please see the Welcome Center to enroll.

\*\*To sign up and receive a monthly e-mailed newsletter pertaining specifically to the Group Exercise Department, please see any Group Exercise instructor.



**WE'RE MOBILE!** Download our new YMCA mobile app on your smart phone.



# Class Descriptions

**BODY ATTACK** – The sports inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music will motivate you towards your fitness goals. **L1-3**

**BODY COMBAT** – The empowering cardio workout where you are totally unleashed! This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music, powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness. **L1-3**

**BODY FLOW** – The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony. **L1-4**

**BODY PUMP** – is the original 60-minute barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you want fast! Body Pump Express is our 30-min version of this format.

**BODY SCULPT** – An individualized sculpt weight workout utilizing hand weights, tubes, core stability balls and steps for firm and tone muscles, increase lean body mass and strength. Includes options for all fitness levels. **L2-3**

**CARDIO STABILITY** – Offers an interval training format that utilizes the basic principles of Pilates combined with cardiovascular and weight training. Balls, weights, tubes and benches will be used in this format. The format promotes endurance, strength, balance and core stability. Safe techniques are provided. **L2-3**

**BODY STEP** – Energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. **L1-3**

**CXWORX** – This 30-min program is the ultimate way to get a tight and toned core, honing in on your abs, glutes, back, obliques & “slings”, connecting upper & lower body. This workout will leave you looking good and feeling strong! **L2-3**

**INTERVAL TRAINING** – A cardio blasting, calorie burning, non-choreographed class that combines intense cardio bursts with strength and stabilization exercises. This class may include calisthenics, step, hand weights, plyometrics and hi/low drills. A great class for all fitness levels, as options are given. **L1-3**

## **MSROM – SilverSneakers® Muscular Strength & Range of**

**Movement:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Sh’Bam** – Set to chart-topping, popular hits and featuring simple but seriously hot dance moves, Sh’bam is the perfect dance class to shape up and let out your inner star!

**\*YOGA** – An individualized both standing and floor mat workout using yogic breathing techniques to promote flexibility, range of motion, strength, core stability and relaxation. Styles vary with each instructor from ashtanga, power and hatha to iyengar yoga. Some classes are a blend of different styles. Safe techniques are emphasized and options are provided to accommodate all fitness levels. All equipment is provided at the facility. Bringing your own mat is recommended, but not required. An excellent class for post- orthopedic injury with a doctor’s clearance, stress relief, those seeking a non-impact workout and pre- and post- natal. **L1-4**

**YOGALATES** – A combination of Yoga & Pilates using basic Pilates moves to improve and build your core strength while taking your Yoga practice to the next level. **L1-4**

**ZUMBA** – The Latin-based dance workout. Easy to follow choreography that accommodates all fitness levels. A real cardio and spirit booster! **L1-4**

## **Cycling**

If you’re new to cycling, please show up approximately 10 minutes prior to class starting so the instructor can assist you with setting up your bike. Indoor cycling is a class that is designed to be an individually paced journey to mental and physical wellbeing. By adjusting the resistance knob on your bike, all fitness levels can participate and work at their own individualized level. All classes are approximately 45 mins. in length.

**RPM** – RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on mixed terrains with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within – sweat and burn to reach your endorphin high!

**Road Ride** – Simulates riding outdoors through flats, hills, maybe even a mountain climb or tow! Your expert instructor will take you on a fitness journey with a different terrain each week set to incredibly motivating music!