



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

## Gleason Family YMCA

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### Schedule Effective Dec. 29, 2018 Group Exercise Room # 2

Highlighted classes require registration at the front desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45 Cycle Helene	5:45-6:30AM Body Pump Suzann	5:45-6:45AM Cycle Bill	5:45-6:30 P90X Helene	5:45-6:45AM Cycle Bill		
8:15-9:15AM BODYPUMP Gail		8:15-9:15AM BODYPUMP Gail	8:45-9:45 Tabata Cycle Tara	8:30-9:30AM 11+HyperC Gail	8:00-9:00AM Cycle Rebecca	9:00-10:00 Cycle Lena
9:45-10:45AM Tabata Cycle Kerry	Tai Chi 37 9:00-9:30AM Marybeth	9:30-10:30AM Cycle Lena		9:45-10:45 H.I.I.T Camp Kelly W.	9:00-10:00 Turbo Kick Melissa	
11:00-12:00 Ageless Health Lu	Tai Chi Fundamentals 9:30-10:30AM	10:45-11:45AM Pilates Holly		11:00-12:00 Ageless Health Lu		
12:00-1:00 Parkinson Recovery John	12:00-1:00 Cycle/weight Deb		12:00-1:00 Cycle/weight Deb			
4:00-5:00PM Boot Camp Kerry		4:30-5:00PM Core Kerry	4:00-5:00PM Tabata Cycle Kerry	4:30-5:00PM Core Melissa		
5:00-5:30PM Core Melissa	4:45-5:45PM Zen Cycle Pam	5:00-5:30PM Xpress Lu		5:00-6:00PM GRX Melissa		
5:45-6:45pm GRX Melissa	6:00-7:00PM Cycle Lu	5:45-6:45PM BODYPUMP Suzann				
7:00-8:00pm Cycle Tom			6:30-7:30PM Yoga Pam			

Healthy Start Class-Tuesday Thursdays-9:30-10:30am 6:00-7:00pm-Meet at Wellness Desk with Richie

## Group Exercise 2 Class Descriptions

I=Beginners, II=Intermediate, III=Advanced

**11+HyperC (II,III)** The best Core HIIT program providing an intense & effective toning workout for Abs & Glutes, and the ultimate HIIT program using your body weight in plyometric, functional and athletic exercises.

**Ageless Health (I)** Join us for a fun total body workout designed to improve balance, muscle strength, flexibility, and cardiovascular fitness. Exercise at your own intensity to the popular music of the 50's, 60's, and today using weights, bands, tubing, and balls.

**Body Pump (I,II,III)** Les Mills BODYPUMP an exciting new class that is a full body workout using a barbell. This energetic class is choreographed to music using light barbells and high reps, you will burn calories while shaping and toning your body. **(This is a registered class limited to 20 members)**

**Boot Camp (III)** If you want to see what you're made of, this is the class for you. Come challenge yourself in this military style class.

**Core (I,II,III)** Blast those abs and supporting muscles that create your core in this 30 min complete workout.

**Cycling (I,II,III)** Bring it on, burn calories and sweat with no impact cycling on our new Keiser bikes. **(This is a registered class limited to 20 members)**

**Cycle/Weights (II,III)** this invigorating 60-minute workout combines a cycling workout with barbell strength training designed to improve over strength and endurance. **(This is a registered class limited to 20 members)**

**GRX (I,II,III)** GRX is a class that uses suspension training that uses body weight to perform a variety of multi-planar compound exercise movements to strain strength and core. Lots of fun, for all levels! **(This is a registered class limited to 9 members)**

**H.I.I.T Camp (II,III)** High intensity interval training, if you want a jump start to your work-outs this class is for you

**Parkinson Recovery (I)** This is a specially designed class to support and help improve the overall health of participants with Parkinson's and MS.

**Tabata/HIIT (III)** A 30-minute ultra-high intensity workout designed to test your endurance level, it has been proven to increase aerobic and anaerobic capacity.

**Tabata Cycle (I,II,III)** Intervals of spin with intervals of strength training to create a fat burning workout. **(This is a registered class limited to 20 members)**

**Power Pilates (II, III)** Redefine yourself through this core strengthening class based on the findings of Joseph Pilates. Practice core stability, strength and balanced-based movements designed to improve flexibility, coordination, and posture as well as body alignment and breathing

**Tai Chi (I,II,III)** This is a healing martial art class that combines many movements with breathing and stretching techniques.

**Tabata Sculpt (II,III)** This is a invigorating class that involves dumbbells, steps, bands, Swiss balls and much more for a one hour fat burning, muscle building interval training workout.

**Turbo Kick (I,II,III)** Turbo Kick combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape—learning hard-hitting combos and edgy dance moves while torching fat and carving lean, sexy muscle in the most empowering class you've ever taken!

**X-Press (I,II,III)** Short on time! Then come try our half hour X-Press workout. This class focuses on strength training and cardio using dumbbells, body bars, bands, plyo-metrics, and body weight exercises.

**Yoga (I,II,III)** this class is designed to develop a working body vocabulary, stressing proper body placement, joint capabilities, and flexibility. Learn relaxation skills for your mind, body, and spirit.

**Zen Cycle (I,II,III)** Get your heart rate up and burn some serious calories cycling for a portion of the class. Then bring the heart rate down and find your Zen by finishing the class with yoga. **(This is a registered class limited to 20 members)**

### \*Registered class procedure (Highlighted)

- Members need to pick up their class cards at the Welcome Center before entering the fitness room
- Instructors will collect the class cards prior to class.
- Any member without a class cards will be asked to leave due to limited space and equipment per our safety protocols.
- Each member will be required to reserve their own spot upon entering the building. You will not be able to reserve space for friends.
- Class cards are a first come first serve basis at the front desk.
- No one under the age of 13 is allowed in the fitness room. They will be escorted to child watch per our safety protocols
- **Please Note\*\*\*\*** Body pump can hold 15 members, Cycle 20, GRX 9, Floor yoga and Pilates 25
- **Please Note\*\*\*\*** Class cards can only be picked up 30 minutes prior to class