






	TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
AEROBIC STUDIO	6:00AM	BeneFIT/Elena		BeneFIT/Elena		BeneFIT/Elena		
	8:15AM	Zumba Toning Nelly	Pump & Burn Tami	Kick-BootCamp Tami	Pump & Burn Tami	Barre & Pound Julie		
	9:00AM						Body Shock Jamie	
	9:15AM	Hot Seat Kaytlin		Hot Seat Kaytlin		Hot Seat Kaytlin		
	9:30AM		Stretch-Flex Lindalee		Stretch-Flex Lindalee			
	10:00AM					Power Yoga Kelly		
	10:15AM	Dancercize Chrys		Dancercize Chrys			Zumba Sylvia	
	10:30AM		Core Pilates Melissa		Core Pilates Melissa			
	11:15AM		Barre & Ball Julie		Zumba Toning Sylvia			
	2:00PM							Gospel Spin Eunice
	4:15PM	Interval Tone Julie	Step Shannon	Interval Tone Julie	Step Shannon			
	5:00PM		Zumba Chrys		Zumba Chrys			
	5:15PM	Total Body Pilates Melissa	Spin/Eunice	Zumba Toning Sylvia	Spin/Eunice	YFit- Bootcamp: Tuesdays @ 9:30am, left court basketball gym Instructor: Tami Rouse		
	5:45PM		Core Inferno Nelly		Core Inferno Nelly			
	6:15PM		Body Shock Jamie	KettleExpress Eunice	Body Shock Jamie			
	7:00PM	SHOTOKAN KARATE						
YOGA STUDIO	9:30AM	PiYo Kate						
	10:30AM				Back2basics MaryKate			
	6:15PM		Yoga Nelly		Yoga Nelly			
WATER AEROBIC	8:00AM	AquaFit Judy/Terry		AquaFit Judy/Terry		AquaFit Judy/Terry		
	9:00AM		Shallow H2O/Chrys		Shallow H2O/Chrys			
	6:00PM		Deep H2O Chrys		Deep H2O Chrys			

Class Descriptions	The Family YMCA aerobics instructors encourage those of all fitness levels (Beginners- Advanced) to participate in their classes. Our classes have a fun, enjoyable and friendly atmosphere.
AquaFit	A total water workout! 50% Cardio and 50% Strength and Tone in the deep water and shallow water.
Back2Basics	A moderate intensity class that incorporates a high-energy cardio combination of floor aerobics and dance aerobics with moves that are simple to learn and don't require too much precision.
Barre & Ball/ Pound 	A great workout to maximize strength, control, stretching and cardio. This class will channel your inner Ballerina and Rocking Rebel by incorporating ballet moves for core stability and body fluidity while also implementing "Ripstixs" for a full body workout with a cardio emphasis.
BeneFIT	A full body workout class focused on benefitting you by keeping your heart rate elevated & muscle activated while reaping bunches of spirit, mind and body benefits.
Body Shock 	An all-encompassing "body shocking," calorie burning workout that incorporates strength training, plyometric, and core work using contemporary modalities. Modifications are available for each exercise.
Core Inferno	A high intensity drill based core & cardio class utilizing a variation of exercise modalities. It will push your limits and leave you dripping sweat.
Core Pilates	Focuses on strengthening your core. Improves flexibility and tone. Structured for all fitness levels.
Dancercise	A 45 minute of dance-based cardio alternates between high and low intensity moves designed to maximize your calorie-burning potential.
Shallow/Deep H2o Fitness 	A total body workout for all levels- No swimming experience necessary! While creating less stress and strain on the joints, this class provides cardio and strength benefits against the resistance of the water. Props including noodles, floating devices, and buoyancy provided. Lifeguard on Duty!
Interval Tone	This class incorporates a combination of Cardio Intervals followed by a variety of Toning Intervals. Cardio Intervals may include cycles such as: Step Intervals, Low Impact Kickbox /High Impact Kickbox, Same Plane Short Burst Intervals or a combination of all. In addition, the Toning Intervals will hit all the major muscle groups with an emphasis on the core muscles. This workout will maximize your results.
Kettle Express	A 30 minute cardio, strength training and core class that will take you where you want to go in half the time.
Kick BootCamp	Looking for something different? Join this early morning, high energy, 45 minute workout in the Aerobic Room.
Pump & Burn	A workout designed to be fast, light, and energetic.
SPIN 	Experience the thrill of riding flat roads, the challenge of climbing hills, and the excitement of getting fit. Beginners, please arrive 5 minutes early for proper bike set up instructions.
Step	A fun step aerobics class that incorporates animated moves and routines. May include core exercises.
Stretch-Flex	Improve your flexibility. A great stretch from head to toe! Includes seated and standing stretches. Flex with or without weights to easy listening music.
Total Body Pilates	A workout that features a combination of Pilates inspired exercises that target all major muscle groups.
YFit- Bootcamp	A group physical fitness training program, designed to build strength and fitness through a variety of exercises.
Yoga	Sun salutations, poses and stretches incorporated for total body flexibility, strengthening and stress reduction
ZUMBA 	A combination of Latin and International music with dance moves! A unique blend of cardio and muscle-toning moves. All levels welcome.
ZUMBA Toning	For those who want to party and put extra emphasis on toning and sculpting to define your muscles! Light weight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Note: Ages 10-12 must be accompanied by parent; 13 & older without parent.

☺ Classes that welcomes families