



December 2017

Group Fitness

Petal Family YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	Cycling Ginny/Shirley	5:15 –6:00 HIIT Ann	Cycling Ginny/ Shirley	5:15 –6:00 HIIT Ann	Cycling Hope
7:30 AM	Weights 101 Janis	Kettlebell Catherine	Toning Express Lacey	Kettlebell Janis	Ab Attack Ginny
8:00 AM	ZUMBA Ann Chair Aerobics Janis	PIYO Ginny	Cardio Kickboxing Catherine Chair Aerobics Lacey	Yoga Nelly Cycle Circuit Janis	Step Ginny Chair Aerobics Cassie
9:00 AM	Group Power Catherine Cycling Ginny/Shirley	HIIT Cassie	Toning Ann	HIIT Lauren	Group Power Lauren Cycle Circuit Ginny
10:00 AM	Fit and Fun Catherine		Fit and Fun Catherine		Fit and Fun Catherine
4:30 PM	Yoga Nelly	Not 'Ya Mama's Step Class Heather	Toning Heather	Tabata Apryle	<p>Kid Fit Active and Fun supervised play for kids 5-12yrs old.</p> <p>Monday Tuesday and Thursday 5pm-8pm</p>
5:30 PM	HIIT Heather Cycle Core Chris	Group Power Amy Cycling Hope		Group Power Amy Cycle Circuit Hope	
6:15 PM		Ab Attack Hope			

Aquatics Classes

8:00	Water Aerobics Tiffany	Aqua Dance Catherine	Water Aerobics Tiffany	Aqua Kick Darcy	Aqua Dance Catherine
9:00	Therapeutic Water Janis		Therapeutic Water Tiffany		Therapeutic Water Catherine

CLASS DESCRIPTIONS - PETAL FAMILY YMCA

▶ Spin Studio Room 102 ● Aerobics Studio Room 103
⊕ Gymnasium

▶ **Ab Attack:** This 30 minute class combines a combination of exercises that target the abdominal and lower back area of the body.

Aqua Dance: Jump in and prepare to shake, twist & boogie! Get all the benefits of dance with the low impact of the water.

★ **Boxing:** Blast some calories in this cardio based class focused on basic boxing principles and drills. Any fitness level welcomed!

● **Cardio Mix:** A 50 min cardio based workout incorporating formats like step, kickboxing, and plyometrics.

▶ **Chair Aerobics:** This class is designed for those members with some physical limitations. Gentle, low, intensity exercises ensure a safe level of activity to help participants develop strength, endurance and flexibility in 45 minutes.

▶ **Cycle Circuit:** Circuit class combining Spin and free weights in the Spin Studio. Great for any level

▶ **Cycle Core:** Combines the cycling workout with 15 minutes of core at the end of class to strengthen your abs and back.

▶ **Cycling:** Experience the thrill of riding flat roads, the challenge of climbing hills, and the excitement of getting fit! No complicated movements to learn and adjustable resistance on all bikes. You control the intensity to get a workout that is right for you

● **Fit And Fun:** Great class for beginners and low impact. This 50 minute class includes simple aerobic movements that promote cardio respiratory, strength, toning, stretching, and flexibility.

● **Group Power:** Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

★ **HIIT:** This 1 hour workout leads you through a high intensity interval training workout with timed rounds

● **Kettlebell:** A fun and challenging 30 minute total body workout using a kettlebell for a calorie burning cardiovascular and muscular endurance workout. This class is limited to 12 participants

PIYO: A unique athletic blend of Pilates, Yoga, strength condition, flexibility, and dynamic balance! Beginners welcome!

● **Power Mat:** A combination of Pilates, Yoga, and Tai Chi. Try it!

Therapeutic Water: A gentle water class that focuses on improving joint mobility and range of motion. Held in the warm water therapy pool. 45 minutes

● **Step:** Get a great cardio workout with this 50 minute choreographed workout with the use of a step.

● **Toning:** Total-body workout! Tones, strengthens and defines all muscles using a variety of equipment.

● **Tabata:** This class is broken down into several 4 minute training intervals that alternate between fat burning cardio and total body strength training. Great for all levels.

Water Aerobics: A great class for anyone wanting variety in their workout or those with joint and mobility issues. Perfect for beginning exercisers!

Weights 101: 30 minute group weight training working all major muscle groups with the guidance of an instructor. This is a great workout to increase your confidence in the weight room. This class is located in the weight area of the Fitness Center. Great for all levels.

● **ZUMBA:** A Latin-inspired dance/fitness class---combining fast and slow rhythms to tone and sculpt the body while achieving a unique blended balance of cardio and muscle-toning benefits. Perfect for all levels. Come join the PARTY