



# June 2019

## Group Fitness

### Petal Family YMCA



	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	Cycling Dawn/Shirley	5:15 –6:00 HIIT Ann	Cycling Dawn/ Shirley	5:15 –6:00 HIIT Ann	Cycling Hope
7:30 AM	Ab Attack Janis	Kettlebell Ginny	Toning Express Kateri	Kettlebell Janis	Ab Attack Melissa
8:00 AM	ZUMBA Ann Chair Aerobics Janis	PIYO Ginny	Cardio Kickboxing Catherine Chair Aerobics Kateri	Intermediate Yoga Melissa	Step Ginny Chair Aerobics Kateri
9:00 AM	Group Power Catherine Cycling Ginny/Shirley	HIIT Heather Butts and Guts Amy	Toning Ann Beginner Yoga Melissa	HIIT Janis ZUMBA Kim/ Sylvia	Group Power Catherine Cycle Circuit Lindsey
10:00 AM	Fit and Fun Catherine		Fit and Fun Kateri		Fit and Fun Catherine
4:30 PM	Cycle Circuit Lindsey/ Ginny	Not your Mama's Cardio Mix Heather	Toning Sarah	Butts and Guts Amy	<b>Kid Fit</b> <b>Active and Fun</b> <b>supervised play for</b> <b>kids</b> <b>5-12yrs old.</b>  <b>Monday</b> <b>Tuesday &amp; Thursday</b> <b>5pm-7:30pm</b>
5:30 PM	HIIT Heather Cycle Core Chris ZUMBA Miranda	Group Power Amy Cycling Hope		Group Power Amy Cycle Circuit Hope	
6:15 PM		Ab Attack 6:15-6:45 Hope		Abs Express 6:15-6:30 Hope	

### Aquatics Classes

5:15 AM		Swim Fit -Steve		Swim Fit-Steve	
8:00 AM	Aqua Kick Darcy	Aqua Dance Catherine	Water Aerobics Sondra	Water Aerobics Janis	Water Aerobics Tiffany
9:00 AM	Therapeutic Water Janis		Therapeutic Water Sondra		Therapeutic Water Tiffany
5:30	Swim Fit-Steve				

## 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.

● **Not Your Mama's 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.

● **Glute Camp:** Train your glutes in this 30 minute toning class.

● **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!

● **Intermediate Yoga:** Intermediate level class using yoga postures linked by breath.

● **Beginner Yoga:** Step by step instruction into beginner yoga postures. Appropriate for all fitness levels.

**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.

**Swim Fit-** Great for improving your current fitness level, learning technique and how to train efficiently. This class is great for triathletes, fitness or competitive swimming.

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

**Aqua HIIT:** High Intensity Interval Training in the Water! Do you want to try water aerobics but want to be pushed to your limit in the shallow and deep water? This one is for you!

**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.

● **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