



March 2020 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	Kettlebell Janis	Kettlebell Ginny	Toning Express Kateri	Ab Attack Janis	Ab Attack Melissa
8:00 AM	ZUMBA Ann Chair Aerobics Janis	Barre Cari	Step Ginny Chair Aerobics Kateri	Intermediate Yoga Melissa	Cardio Kickboxing Catherine Chair Aerobics Kateri
9:00 AM	Group Power Lauren Cycling Ginny/Shirley	HIIT Lauren Butts and Guts Amy H	Barre Catherine Beginner Yoga Melissa	HIIT Janis ZUMBA Kim/ Sylvia	Group Power Catherine Cycle Circuit Lindsey
10:00 AM	Fit and Fun Kateri		Fit and Fun Catherine		Fit and Fun Catherine
4:30 PM	Cardio Kickboxing Catherine	4:45PM–5:15PM Cardio Pump Express Hope	Barre Melissa	Butts and Guts Amy H	<p align="center">Kid Fit Active and Fun supervised play for kids 5-12yrs old.</p> <p align="center">Monday Tuesday & Thursday 5pm-7:30pm</p>
5:30 PM	HIIT Rotation Cycle Core Chris Group Power Catherine	Cycling Hope ZUMBA Sylvia	Barre Lauren	Group Power Catherine Cycle Circuit Hope	
6:15 PM		Ab Attack 6:15–6:45 Hope		Abs Express 6:15–6:30 Hope	
Aquatics Classes					
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

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.

● **Butts and Guts:** Train your glutes and Core in this 45 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

● **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.

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!

● **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

● **BARRE:** Barre is a fusion of ballet inspired moves with elements of pilates, yoga, and strength training set to upbeat music that is sure to get your heart rate up and your muscles working!