

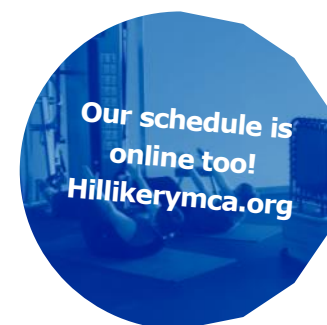


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

SEPT 1st - NOV 1st at Don M. & Margaret Hilliker YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BARRE 5:15-6:15AM COLLEEN-STUDIO	INDOOR CYCLING 5:30-6:15AM YVETTE-STUDIO	BARRE 5:15-6:15AM COLLEEN-STUDIO	INDOOR CYCLING 5:30-6:15AM DENISE-STUDIO	MUSCLE BUILD 5:15-6AM COLLEEN-STUDIO	INDOOR CYCLE 7-8AM YVETTE-STUDIO	CYCLE BLAST 2-3:15PM MICHELE-STUDIO
SUNRISE YOGA 6:30-7:30AM TERESA-STUDIO	UNPLUG 6:40-7:20AM TERESA-STUDIO	SUNRISE YOGA 6:30-7:30AM TERESA-STUDIO	CROSS TRAINING 9-10AM CINDY-STUDIO	INDOOR CYCLE 8:15-8:55AM AMBER-STUDIO	INSANITY 8:15-9:15AM JENNI-STUDIO	
FITNESS FUSION 9-10AM TAMI-STUDIO	CROSS TRAINING 9-10AM CINDY-STUDIO	FITNESS FUSION 9-10AM TAMI-STUDIO	SILVER SNEAKERS 10-11AM JOHN-STUDIO	BARRE 9-10AM KRISTY-STUDIO	POUND 9:15-10AM MEGAN-STUDIO	
STRONG&FIT 9:15AM-10AM SHELLEY-ROOM A	SILVER SNEAKERS 10-11AM JOHN-STUDIO	STRONG&FIT 9:15AM-10AM SHELLEY-ROOM A	HIIT RESISTANCE 5-5:45PM LYNNSEY-GYM	STRONG&FIT 9:15-10AM SHELLEY-ROOM A	ZUMBA 11-12PM DANI-STUDIO	
PILATES 10-10:45AM TAMI-STUDIO	POUND 5-5:45PM LYNNSEY-STUDIO	ZUMBA 4-5PM LAYNE-STUDIO	POUND 5:15-6PM MEGAN-STUDIO	CORE DE FORCE 4:30-5:30PM JENNI-GYM		
CORE DE FORCE 4:30-5:30PM JENNI-GYM	INSANITY 6-7PM JENNI-STUDIO	HIIT RESISTANCE 5-5:45PM LYNNSEY-GYM	INSANITY 6-7PM JENNI-STUDIO	ZUMBA 5-6PM DANI-STUDIO		
ZUMBA 4:30-5:30PM DANI-STUDIO		PIYO 5-5:50PM LAYNE-STUDIO				
POUND 5:15-6:00PM LYNNSEY-ROOMC		BODY BLAST 6-7PM MICHELE-STUDIO				
BODY BLAST 6-7PM MICHELE-STUDIO		ZUMBA 7-8PM DANI-STUDIO				



# GROUP FITNESS DESCRIPTIONS

## Don M. & Margaret Hilliker YMCA

**BARRE:** Increase strength, endurance, balance, and flexibility while toning your muscles! ALL LEVELS!

**BODY BLAST:** Challenging workout that improves fitness level and burns calories. Class format changes so you never get bored. Have fun and sweat all at the same time! INTERMEDIATE/ADVANCED!

**CORE DE FORCE:** workouts are broken into 3 minute 'rounds' just like a real boxing match. For 3 minutes, you'll attack Boxing, Kick-boxing, and Muay Thai combinations, bodyweight moves, and a fat blasting cardio spike in every round. There are modifications with every move. ALL LEVELS!

**CROSS TRAINING:** Total body workout that includes cardio drills, strength training, body sculpting & core! ALL LEVELS!

**CYCLE BLAST:** High energy dynamic fat burning workout using weights, bars, med balls and resistance bands. Combines Body Blast and Indoor Cycling! ALL LEVELS!

**FITNESS FUSION:** Step class fused with your favorite fitness formats. ALL LEVELS!

**HIIT RESISTANCE TRAINING:** High intensity, tabata style workout. Focusing on building muscle! ALL LEVELS!

**INDOOR CYCLE:** Races, intervals, mountains, jumps, fast flats, and steady rides are all part of the fun. Instructors bring their own style and challenges! ALL LEVELS!

**INSANITY:** Revolutionary total body workout that will change the way you look and feel! Don't let the name scare you, you work at your own level and will get stronger as you progress! ALL LEVELS!

**MUSCLE BUILD:** Weightlifting class emphasizing the toning and the building of muscle! ALL LEVELS!

**PILATES:** Pilates techniques combined with gentle moves to increase flexibility and core strength! ALL LEVELS!

**PIYO:** Muscle-sculpting and core-forming benefits of Pilates w/the strength and flexibility advantages of yoga! ALL LEVELS!

**POUND:** The cardio jam session inspired by the energizing and sweat-dripping fun of playing the drums! ALL LEVELS!

**SILVER SNEAKERS:** Increases cardiovascular and muscular endurance while standing or seated! BEGINNER!

**STRONG&FIT:** Sit or stand in a workout to enhance cardio strength, balance, and coordination! BEGINNER!

**SUNRISE YOGA:** Become connected to your mind, body, and soul. Build awareness of the breath, while gaining strength and flexibility. Yogic philosophy and traditions threaded through your experience. ALL LEVELS!

**UNPLUG:** Meditation invites you to gain mental clarity and relaxation. Several modalities explored; visualization, mantra, sound, body scan and imagery. No experience required except an open mind and heart! ALL LEVELS!

**ZUMBA:** Latin style dance class with easy to follow moves. Get ready to shake it! ALL LEVELS!

