



GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BOWLING YMCA **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

**Summer Schedule
2017**

Schedule Begins:
**Monday,
June 12, 2017** and is
subject to change.

Light shaded classes
are held in the pool.

Classes may occur in
the Group Ex room,
the Gymnasium, or the
Sun Room.

Class Descriptions:

The class descriptions
may be found on the
back of this sheet.
Y-Play is available
during most of the
classes – please see
the Y-Play hours for
schedule.

Additional Programs

There are some other
programs for exercise
which has fees, such
as H.I.I.T. and YMCA
Diabetes Prevention
Program. Please see
the front desk for more
information on other
classes available.

				7:00-8:00am Zumba Toning (Edmundo)			
	8:00-9:00 Zumba (Karen) Gym	8:00-9:00 Line Dancing Group Ex	8:00-9:00 Zumba (Karen) Gym	8:00-9:00 Line Dancing Group Ex	8:00-9:00 Zumba (Karen) Gym		
	8:00-9:00 Cardio Kick (Kathy)	TBA	8:00-9:00 SilverSplash (Kathy)	TBA	8:00-9:00 Cardio Kick (Kathy)	9:00-10:00 Zumba Toning (Rachel) Group Ex	
	9:00-10:00 Strong by Zumba (Rachel) Group Ex	9:00-10:00 Zumba (LaShaune) Gym	9:00-10:00 Strong by Zumba (Rachel) Group Ex	9:00-10:00 Zumba (Lashaune) Gym	9:00-10:00 Silver & Fit (LaShaune) Group Ex	10:00-10:30 AB toning (Rachel) Group Ex	
	TBA	9:00-10:00 Agua Caliente (Karen)	TBA	9:00-10:00 HIIT it Hard (Karen)	TBA	11:00-12:00 Zumba (Karen) Group Ex	
	9:00-10:00 Spin (Monica) Sun Room	9:30-10:30 A.O.A. (Mary D) Group Ex	9:00-10:00 Spin (Monica) Sun Room		9:00-10:00 Spin (Monica) Sun Room		
	10:00-11:00 SF/ Excel / SS/ Circuit (Kathy) Group Ex	11:00-12:00 SS Classic (Mary D) Group Ex	10:00-11:00 SS Yoga (Mary D) Group Ex	9:30-10:30 A.O.A. (Mary D) Group Ex			
	12:30-1:30 Twinges & Hinges		12:30-1:30 Twinges & Hinges	11:00-12:00 SS Classic (Mary D) Group Ex	12:30-1:30 Twinges & Hinges		
						2:30-3:30 Yoga (Tamie) Sun Room	
	5:30-6:30 Turbo Kick (Jessica) Group Ex	5:30-6:30 Zumba Toning (Rachel) Group Ex	5:30-6:30 Zumba (Lashaune) Group Ex	5:30-6:30 Zumba (Lashaune) Group Ex			
		TBA		TBA			
	6:00-7:00 Spin (Monica) Sun Room		6:30-7:30 Turbo Kick (Jessica) Group Ex		5:00-6:00 Zumba (Karen) Group Ex		
	6:30-7:30 Zumba (Rachel) Group Ex	6:30-7:30 Ripped (Marisa) Group Ex	7:00-8:00 Yoga (Tamie) Sun Room	6:30-7:30 Ripped (Marisa) Group Ex			

GROUP EXERCISE DESCRIPTION

BOWLING FAMILY YMCA

Active Older Adults (AOA): A workout designed to increase balance and stability using standing and seated exercises that incorporate various tools for resistance.

Cardio Kick: This class is full of constant active movement and you will get your hair wet.

Cardio Workout: Intense cardio designed to push you to increase your fitness levels through PT style workout.

HIIT it Hard: This high, intensity, interval training class will push you to your limits.

Kickboxing: Get a knock out body using traditional martial arts moves mixed with high intensity athletic drills.

Line Dancing: Learn the latest line dancing routines as well as the classics while getting a great cardiovascular workout.

RIPPED@: Is a total body workout that includes: Resistance, Intervals, Power, Plyometrics, Endurance and Diet

SilverSneakers Classic@ (SS Classic): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities of daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Yoga@ (SS Yoga): SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Silver & Fit Excel@ (Circuit): Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

Silver & Fit Excel@ (Silver & Fit): Silver & Fit Excel is for very active older adults who regularly exercise. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, power and cardiovascular endurance.

SilverSplash: Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Spin: A cycling workout designed to increase cardiovascular and muscular endurance as well as firm your butt and legs.

Strength & Sculpt: This class will tone and sculpt your muscles.

Strong by Zumba: Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn. **(Coming Soon)**

TurboKick@: A combination of intense kickboxing paired with dance moves set to the latest music creating a calorie blasting workout.

Twinges & Hinges: The class will focus on low intensity and range of motion.

Women on Weights (WOW): women's weight lifting class designed to empower women to lift weights and transform their bodies.

Yoga: Simple meditation, and adoption of specific bodily postures with help in health and relaxation.

Zumba@: A high energy Latin based workout in a DANCE PARTY atmosphere. Burning calories has never been more fun.

Zumba Toning: with weights (dumbbells)