



DOWNTOWN WARSAW YMCA

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# GROUP EXERCISE SCHEDULE

JUNE 1ST - AUGUST 30TH

## WEDNESDAY

### AM CLASSES

5:30-6:45 HIIT 45

9:15-10:15 Body Sculpt

## FRIDAY

### AM CLASSES

9:00-10:00 Soul Fusion

## SATURDAY

### AM CLASSES

8:15-9:15 Body Sculpt

## CLASS DESCRIPTIONS

### ALL FITNESS LEVELS

**BODY SCULPT** | Using a range of light to medium weights and other exercise equipment, you'll increase your heart rate for an effective fat burning workout that uses muscular endurance to promote definition. Abdominal work included.

**CARDIO KICKBOXING** | Get a fusion of kickboxing combinations that will strengthen and tone your legs, arms, glutes, back, and core, with balance and conditioning sequences, and athletic and strength exercises all set to fun music. Modifications offered for all levels.

**HIIT 45** | Get a 45-minute High Intensity Interval Training workout alternating between sweat dripping cardio and strength. Final 10 minutes will be devoted to core work. (All levels)

### ADVANCED FITNESS LEVEL

**SOUL FUSION** | Soul Fusion, where muscles meet the mat. Experience a full body workout that is fun but also makes you work! See how these cardiovascular and body weight movements enhance your core, strength, balance, and also improve flexibility.