



PARKVIEW WARSAW YMCA

# GROUP EXERCISE SCHEDULE

JANUARY 8TH - APRIL 7TH

## MONDAY

TIME	CLASS	ROOM
<b>AM CLASSES</b>		
5:30-6:15	HIIT 45	PR 2
5:30-6:30	Cycling	PR 3
8:30-9:00	Strong 30	PR 2
9:15-10:15	Body Sculpt	PR 1
9:15-10:00	Zumba Combo	PR 2
9:15-10:15	Cycling	PR 3
10:30-11:30	Enhance Fitness	PR 2
10:30-11:15	Fit After 40	PR 1
<b>PM CLASSES</b>		
12:00-1:00	Silver Sneakers Yoga	PR 2
5:00-5:30	Total Body Solutions	PR 1
5:30-6:30	Dance Fit	PR 2
5:30-6:30	*Cycling	PR 3
6:00-7:00	Mixed Level Yoga	PR 1

## TUESDAY

<b>AM CLASSES</b>		
5:30-6:30	Body Sculpt	PR 2
9:00-10:00	Silver Sneakers Classic	PR 3
9:15-10:15	Step & Sculpt	PR 2
9:15-10:15	Mixed Level Yoga	PR 1
11:45-12:15	Total Body Solutions	PR 2
<b>PM CLASSES</b>		
4:30-5:15	Piloxing	PR 2
5:30-6:15	Body Sculpt	PR 1
5:30-6:30	Soul Fusion	PR 2
6:45-7:45	Zumba	PR 2

## WEDNESDAY

<b>AM CLASSES</b>		
5:30-6:15	HIIT 45	PR 2
5:30-6:30	Cycling	PR 3
9:00-9:30	HIIT 30	PR 2
9:30-10:00	Flex 30	PR 2
9:00-10:00	Piloxing	PR 2
10:15-11:15	Mat Fusion	PR 1
10:30-11:30	Enhance Fitness	PR 2
<b>PM CLASSES</b>		
12:00-1:00	Silver Sneakers Yoga	PR 2
1:15-2:00	Cardio Drumming (13 and older)	PR 2
4:30-5:15	Barre Blast	PR 2
5:30-6:15	Dance Fit	PR 2

5:30-6:30	Cycling	PR 3
6:30-7:30	Mixed Level Yoga	PR 2

## THURSDAY

<b>AM CLASSES</b>		
5:30-6:30	TRX	PR 4
9:00-10:00	Silver Sneakers Classic	PR 3
9:15-10:00	Bootcamp	Gym
9:15-10:15	Step & Sculpt	PR 2
9:15-10:15	Mixed Level Yoga	PR 1
10:30-11:15	Fit After 40	PR 2
11:45-12:15	Total Body Solution	PR 2
<b>PM CLASSES</b>		
4:30-5:15	Core Blast	PR 2
5:30-6:30	Piloxing	PR 1
5:30-6:30	Soul Fusion	PR 2

## FRIDAY

<b>AM CLASSES</b>		
5:30-6:00	HIIT 30	PR 2
6:00-6:30	Flex 30	PR 2
5:30-6:30	Cycling	PR 3
9:00-10:00	Piloxing	PR 2
9:15-10:00	Soul Fusion	PR 1
9:15-10:15	Cycling	PR 3
10:15-11:15	Mat Fusion	PR 1
10:30-11:30	Enhance Fitness	PR 2
<b>PM CLASSES</b>		
12:00-1:00	Silver Sneakers Yoga	PR 2

## SATURDAY

<b>AM CLASSES</b>		
8:15-9:15	Zumba	PR 2
9:30-10:30	Cardio & Strength	PR 2

## NORTH WEBSTER YMCA

<b>MONDAY</b>		
9:00 AM-9:30 AM	Stretch and Flex	
9:30 AM-10:30 AM	Zumba	
<b>TUESDAY</b>		
9:00 AM-10:00 AM	Body Sculpt	
<b>WEDNESDAY</b>		
9:00 AM-9:30 AM	Stretch and Flex	
9:30 AM-10:30 AM	Zumba	
<b>THURSDAY</b>		
9:00 AM-10:00 AM	Body Sculpt	
<b>FRIDAY</b>		
9:00 AM-9:30 AM	Stretch and Flex	
9:30 AM-10:30 AM	Zumba	

## CLASS DESCRIPTIONS

### ALL FITNESS LEVELS

**BARRE BLAST** | Combine dance inspired barre work and light weights to sculpt lean muscle and strengthen your core in 45 minutes.

**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 & STRENGTH** | A great way to try out classes offered during the week on a rotation. Check out our Mobile App for a schedule.

**CARDIO DRUMMING** | A low-impact workout that people of all ages and fitness levels can do. Combining drumming and cardio exercise to the rhythm of music gives you a fast-paced way to increase your heart rate, strengthen your upper body, reduce stress, and improve motor skills and eye-hand coordination while burning calories. Come make friends while you exercise with this fun activity.

ROOM CAPACITY | CLASSES ARE FIRST COME FIRST SERVE

PR 1 | PROGRAM ROOM 1 | 15  
PR 2 | PROGRAM ROOM 2 | 27  
PR 3 | PROGRAM ROOM 3 | 15  
PR 4 | PROGRAM ROOM 4 | 8  
MPR | MULTI-PURPOSE ROOM 1 | 23  
GYM | 24

**CORE BLAST** | This 45 minute workout targets all of the powerful muscles in the core to give your body the power, strength, and sculpting it deserves. There will be standing and mat-based exercises in this format. All Fitness Levels.

**CYCLING** | Enjoy our Matrix Coach by Color Bikes® and get an aerobic workout that's easy on your joints. Our indoor cycling classes simulate outdoor riding with sprinting, hill climbing, and other techniques. Monday's 5:30 PM class has a 30 minute workout geared towards beginners and then a regular cycling class follows for the final 30 minutes.

**DANCE FIT** | Combines the hottest Latin Rhythms and radio songs to give you a calorie incinerating dance party. All Fitness Levels.

**ENHANCE® FITNESS** | Gets you moving! We'll meet you where you are and help you gain strength, flexibility, and balance. Geared towards older adults, and those with chronic conditions, such as arthritis. We have chairs for support and soft ankle and wrist weights when you are ready.

**FIT AFTER 40** | Try this class if you're looking for a full body workout including light resistance training and low-impact cardio in a circuit training format, but need it modified for troublesome joints.

**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)

**HIIT 30** | A 30-minute high intensity, full body interval training workout synced with fantastic music matching the movements.

**FLEX 30** | A mobility and flexibility session designed to help you move your body the way it is intended to move.

**MAT FUSION** | Work toward greater flexibility with stretching techniques and beginning yoga and pilates moves.

**MIXED LEVEL YOGA** | Perfect for those new to yoga or the yogi that is ready for a little more challenge. Plenty of instruction will be given for a class that is balanced in strengthening and stretching. Participants must be comfortable down on their hands and knees in class and getting up and down from the floor.

**PILOXING®** | You'll get a high energy, heart pumping interval workout combining powerful boxing and pilates moves as you move to the beat. Light weighted gloves are optional to add resistance. All Fitness Levels.

**STEP & SCULPT** | Get your heart rate up using step aerobics and use a variety of exercises to tone and sculpt upper, lower body and ab muscles.

**STRETCH AND FLEX** | Try this 30-minute total body stretch to warm up your muscles, gain flexibility, challenge balance, and strengthen your core. (All Levels)

**TOTAL BODY SOLUTION** | In just thirty minutes you can build incredible core and body strength, engage supporting muscle groups, stabilize joints, create explosive power and improve overall physical performance. Meant for busy people who need a short workout.

**ZUMBA®** | Dance your way to a fitter you with exciting and unique Latin moves and rhythms. A Latin/hip-hop dance fitness class that's great for all age levels!

**ZUMBA COMBO CLASS** | The best of both worlds. Dance your way to a fitter you with exciting and unique Latin moves and rhythms. A Latin/hip-hop dance fitness class that's great for all age levels! The design of this combination class shows both high and low intensity options with Zumba choreography that focuses on balance, range of motion, and coordination.

**ZUMBA® TONING** | The fun of a Zumba class but with extra emphasis on toning and sculpting with light weights to define those muscles while having a total blast.

**BEGINNER FITNESS LEVEL**  
**INTRO TO GROUP FITNESS** | For those new to exercise, you'll learn strength and cardio exercises while getting a total body workout. Proper form for each move will be demonstrated. A great way to build strength, endurance and balance in a fun and relaxed setting.

**LIFELONG** | A low-impact exercise that addresses balance, coordination, upper body strength, and cardio endurance with multiple modifications for the beginner. The final five minutes of class will be devoted to a standing core workout.

**SILVER SNEAKERS® CLASSIC** | Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for support.

**SILVER SNEAKERS® YOGA** | 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 postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**INTERMEDIATE FITNESS LEVEL**  
**STRONG 30/45®** | This is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. Enjoy this boot camp style class that moves to the beat.

**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.