



PARKVIEW WARSAW YMCA

GROUP EXERCISE SCHEDULE

DECEMBER 27TH - JANUARY 6TH

WEDNESDAY, DECEMBER 27TH

TIME	CLASS	LOCATION
AM CLASSES		
8:30-9:15	KICKBOXING WENDY	PR 2
9:30-10:15	PILOXING BREE	PR 2
10:30-11:30	SOUL FUSION KIM	PR 1
10:30-11:30	ENHANCE FITNESS BREE	PR 2
PM CLASSES		
4:30-5:15	BARRE BLAST DENISE	PR 2
5:30-6:30	DANCE FIT DENISE	PR 2
6:00-7:00	MIXED LEVEL YOGA CHELSEA	PR 1

FRIDAY, DECEMBER 29TH

TIME	CLASS	LOCATION
AM CLASSES		
8:30-9:15	SOUL FUSION KIM	PR 2
9:30-10:15	BARRE BLAST DENISE	PR 2
10:30-11:30	DANCE FIT DENISE	PR 2

TUESDAY, JANUARY 2ND

TIME	CLASS	LOCATION
AM CLASSES		
8:30-9:15	SOUL FUSION KIM	PR 2
9:30-10:15	STEP AND SCULPT LISA	PR 2
10:30-11:30	HIIT 30/FLEX 30 ANGIE	PR 2

PM CLASSES

4:30-5:15	PILOXING BREE	PR 2
5:30-6:30	BODY SCULPT BREE	PR 2
6:45-7:30	ZUMBA MEGAN	PR 2

WEDNESDAY, JANUARY 3RD

TIME	CLASS	LOCATION
AM CLASSES		
8:30-9:15	KICKBOXING WENDY	PR 2

9:30-10:15	PILOXING WENDY	PR 2
10:30-11:30	MAT FUSION WENDY	PR 1
10:30-11:30	ENHANCE FITNESS TRACY	PR 2

PM CLASSES

4:30-5:15	BODY SCULPT RACHELLE	PR 2
5:30-6:30	SOUL FUSION KIM	PR 2
6:00-7:00	MIXED LEVEL YOGA CHELSEA	PR 1

FRIDAY, JANUARY 5TH

TIME	CLASS	LOCATION
AM CLASSES		
8:30-9:15	SOUL FUSION KIM	PR 2
9:30-10:15	PILOXING WENDY	PR 2
10:30-11:30	MAT FUSION WENDY	PR 2

SATURDAY, JANUARY 6TH

TIME	CLASS	LOCATION
AM CLASSES		
8:15-9:15	ZUMBA MEGAN	PR 2
9:00-10:00	CYCLING DAVE	PR 3
9:30-10:15	PILOXING BREE	PR 2
10:30-11:30	BODY SCULPT RACHELLE	PR 2

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.

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 | The hottest radio songs and Latin rhythms combined to bring you a fast paced and fun, freestyle dance class and a calorie incinerating workout.

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.

HIIT 30/FLEX 30 | A 30-minute high intensity, full body interval training workout synced with fantastic music matching the movements. Class is followed by a 30-minute 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 cardio fusion of standing pilates, boxing and dance in this high-energy interval workout.

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.

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!

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.