



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2 GROUP EXERCISE SCHEDULE (NO CLASSES 11.22-11.27, 12.21-12.25, 12.28, & 12.30-1.2)

NOVEMBER 1ST - DECEMBER 19TH

FREE A1C SCREENS | NOVEMBER 9TH FROM 5:45 PM -7:00 PM & NOVEMBER 12TH FROM 11:45 AM - 1:00 PM. | The Parkview Warsaw YMCA is offering Free A1C screens to test for prediabetes! While there is no cure for diabetes, prediabetes can be managed through a healthy diet and exercise. PLEASE REGISTER ONLINE AT WWW.BIT.LY/FREEA1C

FALL PREVIEW OF CLASSES | NOVEMBER 6TH | 8:00 AM - 11:00 AM | OPEN TO THE COMMUNITY | Bring a friend and try out a sampling of our Group Exercise and Cycling classes. Our Fall preview of classes will feature 30-45 minute classes. Everyone walks away with a bottle of water, protein bar, and a good workout. Plus, a chance to win a prize in our Wall Sit Challenge! (To view the schedule of classes please download the Apple or Android Kosciusko Community YMCA App)

MOVE IT MONDAY AND WORKOUT WEDNESDAY | DECEMBER 20TH, DECEMBER 27TH, AND DECEMBER 29TH | 8:30 AM - 11:30 AM AND 4:30 PM - 7:30 PM | YMCA MEMBERS ONLY | Get your Group Ex fix during our breaks with Move It Monday and Workout Wednesday! Enjoy a sampling of our best Group Ex classes in a 30-45 minute format. Everyone walks away with a bottle of water, protein bar, and a good workout. (To view the schedule of classes please download the Apple or Android Kosciusko Community YMCA App)

MONDAY

TIME	CLASS	ROOM
AM CLASSES		
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	Cycling	PR 3
9:15-10:15	Body Sculpt	PR 1
9:15-10:00	Zumba® Gold	PR 2
10:30-11:30	Enhance Fitness	GYM 2
10:30-11:15	Fit After 40	PR 2
PM CLASSES		
12:00-1:00	Silver Sneakers Yoga	PR 2
5:30-6:15	Body Sculpt	PR 1
5:30-6:30	*Cycling	PR 3
5:30-6:30	Dance Fit	PR 2
6:45-7:30	Zumba®	PR 2

TUESDAY

AM CLASSES		
5:30-6:30	Body Sculpt	PR 2
9:00-10:00	Silver Sneakers Classic	PR 3
9:00-9:45	Step & Sculpt	PR 2
9:15 - 10:15	Mixed Level Yoga	PR 1
10:30-11:15	Intro to Group Fitness	PR 2
11:45-12:15	Total Body Solutions	PR 2
PM CLASSES		
4:30-5:15	Piloxing	PR 2
5:30-6:15	PIYo®	PR 2
5:30-6:15	Mat Fusion	PR 1
6:45-7:30	Strong 45®	PR 2

WEDNESDAY

AM CLASSES		
5:30-6:15	HABIT	PR 2
5:30-6:30	Cycling	PR 3
9:00-9:45	Strong 45	PR 1

WEDNESDAY

AM CLASSES CONTINUED		
9:00-10:00	Piloxing	PR 2
9:15-10:15	Cycling	PR 3
10:30-11:30	Enhance Fitness	GYM 2
10:15-11:15	Mat Fusion	PR 2
PM CLASSES		
12:00-1:00	Silver Sneakers Yoga	PR 2
4:30-5:15	Barre Blast	PR 1
5:30-6:15	Dance Fit	PR 2
6:30-7:30	Mixed Level Yoga	PR 2

THURSDAY

AM CLASSES		
5:30-6:30	TRX	PR 4
9:00 - 10:00	Silver Sneakers Classic	PR 3
9:00-9:45	Step & Sculpt	PR 2
9:15-10:15	Mixed Level Yoga	PR 1
10:30-11:15	Fit After 40	GYM 1
10:30-11:15	Dance Fit	PR 2
11:45-12:15	Total Body Solution	PR 2
PM CLASSES		
4:00-4:45	Pilates Sculpt	PR 2
5:30-6:15	PIYo®	PR 2

FRIDAY

AM CLASSES		
9:00-10:00	Piloxing	GYM 2
9:00-10:00	Zumba® Toning	PR 2
9:15-10:15	Cycling	PR 3
10:15-11:15	Mat Fusion	PR 2
10:30-11:30	Enhance Fitness	GYM 2
PM CLASSES		
12:00-1:00	Silver Sneakers Yoga	PR 2
5:30-6:15	Strong 45®	PR 2

SATURDAY

AM CLASSES		
8:00-9:00	Cycling	PR 3
8:00-8:45	Cardio & Strength	PR 2
9:15-10:15	Zumba®	PR 2

NORTH WEBSTER YMCA

MONDAY		
9:30-10:30 AM	Zumba®	
TUESDAY		
9:00-10:00 AM	Body Sculpt	
WEDNESDAY		
9:30-10:30 AM	Zumba®	
THURSDAY		
9:00-10:00 AM	Body Sculpt	

ROOM CAPACITY | CLASSES ARE FIRST
COME FIRST SERVE

PR 1 | PROGRAM ROOM 1 | 9
PR 2 | PROGRAM ROOM 2 | 18
PR 3 | PROGRAM ROOM 3 | 10
PR 4 | PROGRAM ROOM 4 | 4
MPR | MULTI-PURPOSE ROOM 1 | 15
GYM | 20
PCHL | 12

SOCIAL DISTANCING GUIDELINES

PLEASE STAY AT LEAST 4 FEET APART
WHILE WORKING OUT. MASKS ARE NOT
REQUIRED.

CLASS DESCRIPTIONS

ALL FITNESS LEVELS

Barre Blast | Combine dance inspired barre work and light weights to sculpt lean muscle and strengthen your core in 30 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 Mobile App for a schedule.

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.

Dance2Fit | This class will help you get desired results by its aerobic dancing with fitness. This will help you burn the most calories while toning your body at the same time. Whether you simply want to lose weight, gain muscle, or have a healthier lifestyle. Dance2Fit can be tailored to reach your goals. Dance2Fitness combines high intensity workouts with upbeat and high energy music.

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.

H.A.B.I.T. | Hips, Abs, Buttocks, Incredible Thighs get all the attention. Cardio not included. A PIYO style format will be included in some of the workouts.

HIIT 45 | Get a 45 minute High Intensity interval training workout alternating between sweat dripping cardio and strength. Final ten minutes will be devoted to core work.

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.

Pilates Sculpt | Come join us as we sculpt our bodies to fitness! This 45-minute mat-based, Pilates-inspired class will give your body a total body sculpt from head to toe utilizing the Pilates ball. You will feel the power of your Core as you challenge yourself within your fitness level! Be encouraged and let's Sculpt away!

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.

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® 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

Beginner Body Sculpt | Same format as our Body Sculpt classes but low-impact moves are demonstrated throughout the class.

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.

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.

Zumba® Gold | Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy to follow Zumba® choreography that focuses on balance, range of motion and coordination.

ADVANCED FITNESS LEVEL

PiYo® | Experience this unique blend of Pilates and Yoga. Get your heart pumping with a variety of cardiovascular and body weight exercises while focusing on and strengthening your core, testing your balance and increasing your range of motion.

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.

Strong Nation® | This is the full hour version of Strong 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.