



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Group Exercise Class Schedule

Days	Times	Class	Location	Instructor
Mon/Wed/Fri	5:15 –6:00 am	Group Cycling	Spin Room	John Klueppel
	8:00–8:45 am	Arthritis Water Ex	Pool	Sue Fox
	9:00 –9:45 am	Arthritis Water Ex	Pool	Christy McDowell
	10:00–10:45 am	Arthritis Water Ex	Pool	Norma Tatum
	9:00–9:45 am	Stretch It	Multi Purpose	Class Led
Mon & Wed	5:30–6:15 am	AM Energy	Gym/Fit Center	Jeff Williams
	5:45–6:30 am	BARRE	Aerobic	Lisa Old
	5:00–5:45 pm	Fit at Five	Multi Purpose	Dwayne Davis
	5:15 –6:00 pm	Group Cycling	Spin Room	Sally Lape
Mon & Thurs	5:00–5:45 pm	Step of Faith	Aerobic	Kay Griffin
Tuesday	5:00 –5:45 pm	BARRE	Aerobic	Kay Griffin
	9:00– 10:00 am	Cardio Splash	Pool	Shawn Watkins
Tues & Thurs	4:00—4:45 pm	Zumba	Aerobic	Elizabeth McIntyre
	5:45 –6:30 am	Y Pump	Aerobic	Lisa Old
	5:15–6:00 pm	Y Pump	Multi Purpose	Sally Lape

Class Policies & Procedures:: *Classes are Free for members. No registration required. Everyone is welcome*

All classrooms are limited to a certain number of participants. Class limits are posted outside classrooms.

Class participants should maintain social distancing before, during and after class.

Wash or sanitize hands before and after class.

Class participants are encouraged to bring their own mats and towels.

Y Staff will assist with disinfecting equipment, but class participants are encouraged to clean equipment after use.

See back page for class descriptions

AM Energy

This class will deliver high-intensity cardio & core exercises to start your day with a burst of energy.

Arthritis Water Exercise

Designed to benefit those with arthritis and other joint or mobility issues.

BARRE

Elements of pilates, dance, yoga, and functional training all choreographed to motivating music.

Cardio Splash

New water Aerobic class using the resistance of water to improve cardiovascular fitness, endurance, and flexibility.

Fit at Five

High-intensity plyometrics, body weight, and weight lifting exercises designed for both men and women to build muscle and reduce body fat.

Group Cycle

Designed to mirror the intensity of riding a bike through varied terrain. All fitness levels are welcome.

Step of Faith

Part step class, part bible devotional. The first 45 minutes of the class is a moderate to high-intensity step class. The last 15 minutes is dedicated to a devotional.

Stretch It

Gently & gradually increase flexibility through low-impact stretching techniques.

Y Pump

This weight-based class performed using barbells, plate weights, and an aerobic step allows participants to choose their weights based on their fitness level. A combination of compound and isolation-based exercises are incorporated to exercise every major muscle group.

Zumba

Dance-themed workout featuring aerobic and interval training with a combination of fast and slow rhythms that tone and sculpt the body.