



# Tri-County YMCA

## Group Exercise Schedule

Monday, June 5th—Saturday, July 1st

### Monday

Time	Class	Location/Room	Instructor
5:00—6:05 AM	Interval Training	Group Exercise	Rachel
8:00—9:00 AM	Enhanced Fitness	Huntingburg Event Center	Rachel
8:30—9:30 AM	BodyPUMP™ (June 12th and 26th)	Group Exercise	Jennifer
8:30—9:30 AM	Morning Energizers	Gym	Adrienne/Steph
4:45—5:45 PM	Power Vinyasa Yoga	Cycling Room	Anne
5:15—5:45 PM	Tabata (only on 12th & 19th)	Group Exercise	Jill
6:00—7:00 PM	Cycling	Cycling Room	Brooke
6:00—7:05 PM	BodyPUMP™	Group Exercise	Jennifer

### Tuesday

Time	Class	Location/Room	Instructor
5:00—5:30 AM	BodyATTACK™	Group Exercise	Rachel
5:30—6:05 AM	CX Worx™	Group Exercise	Rachel
8:15—8:45 AM	BodyATTACK™	Group Exercise	Rachel
9:00—10:00 AM	Tai-Chi	Group Exercise	Jim
5:15—6:15 PM	Cycling	Cycling Room	Rachael W.
5:15—6:00 PM	Step It Up	Group Exercise	Cari
6:00—7:00 PM	Water Aerobics	The Sisters Pool	April
6:15—6:45 PM	CX Worx™	Group Exercise	Lauren

### Wednesday

Time	Class	Location/Room	Instructor
5:00—6:05 AM	BodyPUMP™	Group Exercise	Rachel
8:00—9:00 AM	Enhanced Fitness	Huntingburg Event Center	Rachel
8:30—9:30 AM	Morning Energizers	Gym	April
8:30—9:35 AM	BodyPUMP™	Group Exercise	Steph
4:40—5:15 PM	CX Worx™	Group Exercise	Steph
5:15—6:00 PM	BodyATTACK™	Group Exercise	Steph
6:00—7:00 PM	Water Aerobics	The Sister's Pool	Lauren
6:05—7:10 PM	BodyPUMP™	Group Exercise	Jennifer

#### GROUP EXERCISE NEWS, REMINDERS, AND

##### Exceptions:

**\*\*\*Please see attached sheet for DeNae's schedule of classes for the month of June.**

\*Group Exercise classes can be taken by both Members of the Y and Program Participants (guests). Classes are FREE to members, and \$5.00 per visit for Program Participants.

\***Santa Claus Group Exercise Classes** are being offered at the United Methodist Church in Santa Claus and Heritage Hill High School. (Please turn right into the church drive and then follow the path to the RIGHT down to the main entrance. You will enter through the main doors on the lower level.)

\*Group exercise classes will need a minimum of **3 individuals** to be held. **If there are ONE or TWO participants, then we will NOT offer the group exercise class. Sorry for any inconvenience this may cause.**

## Thursday

Time	Class	Location/Room	Instructor
5:30—6:05 AM	CX Worx™	Group Exercise	Rachel
8:15—9:15 AM	FIT	Group Exercise	Amber
4:45—5:45 PM	Power Vinyasa Yoga	Cycling Room	Anne
5:15 —6:00 PM	Outdoor HIIT	Hill by 18th Street sign	Cari
5:00—6:00 PM	Tai Chi	Group Exercise	Jim
6:00—7:00 PM	Power Vinyasa Yoga	Cycling Room	Anne
6:05—6:50 PM	Country Heat (cancelled on June 8th)	Group Exercise	Brandi

## Friday

Time	Class	Location	Instructor
5:00—5:30 AM	BodyATTACK™	Group Exercise	Rachel
5:30—6:00AM	BodyPUMPTM™	Group Exercise	Rachel
8:00—9:00 AM	Enhanced Fitness	Huntingburg Event Center	Rachel
8:15—9:15 AM	Cycling	Cycling Room	Rachael W
8:30—9:30 AM	Morning Energizers	YMCA Gym	Amber
5:15—6:10 PM	BodyPUMPTM™	Group Exercise	Steph
6:15—6:45 PM	CX Worx™	Group Exercise	Lauren

## Saturday

Time	Class	Location	Instructor
7:30—8:35 AM	BodyPUMPTM™	Group Exercise	Jennifer
8:45—9:45AM	BodyATTACK™	Group Exercise	Steph
8:00—8:40AM	Core 40	Cycling Room	MaryJo
9:00—10:00 AM	Water Aerobics	The Sister's Pool	Cari
8:50—9:50 AM	Vinyasa Yoga	Cycling Room	Sherri

**BodyATTACK:** A sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**BodyPUMPTM™:** A class centered around the barbell. The class will strengthen the entire body, challenging major muscle groups by using the best weight-room exercise such as squats, presses, lifts and curls. The routine is choreographed to an awesome music playlist that makes the workout fly by.

**Country Heat:** Country heat is a low impact, low intensity, but high on fun, fitness class inspired by simple country line-dancing, GREAT country music. This class is for all fitness levels and can be enjoyed by anyone!!!

**CX Worx™:** This 30 minute core class is dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper & lower body. This workout is fun, quick, and will have you seeing results in no time—we recommend you take this class 2 or 3 times per week for best results.

**Enhanced Fitness** (Free for Members/ \$3 for Non-members): A class designed for individuals age 55 and older. It focuses on strength training, cardiovascular endurance, flexibility and balance. If you are ready to start your Monday, Wednesday, and Friday mornings off right, then head to the Huntingburg Event Center and join in on this GREAT senior-focused class.

**Feel the Beat:** Get your workout in by dancing! Perfect for everybody and every body! This calorie burning dance class is made for improving flexibility and toning waist, hips and legs while doing what you love— dancing! Starting off with stretching to improve flexibility followed by a cardio workout dance fitness party! Don't know the moves? Don't worry, we'll show you. You'll leave this class feeling energized.

**FIT:** This class will be low(er) impact and will vary each week. One week we may do a cardio-based circuit and the following a strength training (weight bearing) circuit. Variations and modifications will be provided. This class will be considered a basic/intermediate level class, but all are welcome to attend! Even though this is a lower impact class, don't think you won't sweat.

**HIIT:** The layout of this class is 45 second work followed by a 30–45 second break. Within the work interval, you should be pushing yourself to the max because it is followed by a 30–45 second rest interval. All levels are welcome. This class can be as intense as you want to make it!

**Interval Training:** A class that will mix strength training using a barbell with cardio of all sorts! It will be a great way to get in a combination of strength and cardio in under an hour. Heart rates will be up during the workout and the muscles will feel the burn after. Bring your water bottle & sweat towel and be ready for a great full-body workout!

**Morning Energizers** (Free for Members/ \$3 for Non-members): A class designed for individuals age 55 and older. This class combines a combination of cardio exercises, strength training with light weights, in addition to balance & flexibility exercises that leaves you feeling refreshed and energized at the end of each session. Come ready to have FUN & move to the beat of some great 'oldies' tunes!

**Outdoor H.I.I.T.:** This will be a full-body work-out targeting upper body, lower body, core, as well as give you some cardio. If weather does not permit, class will be held in the group exercise room.

**Power Vinyasa Yoga:** a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements.

**RPM:** RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain through hills, flats, mountain peaks, time trials, and interval training.

**Tabata:** Short bursts of high intensity exercise followed by even shorter spurts of rest between. Normally 20 seconds of high intensity work followed by 10 seconds of rest. The whole workout will be complete in a half-hour, but don't let the duration fool you...it will be an intense 30 minutes of moving!

**Step-It-Up:** Step aerobics involves moving to the beat of the music and getting your heart rate up! Step benches with optional risers will be used for the duration of the class as we go through different step routines. This class will challenge your cardiovascular system and also make you think! Bring your sweat towel, water bottle, and come join in the fun.

**Tai Chi:** Tai chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind

**Water Aerobics:** this low-impact water workout is great for all ability levels. This class has you moving in the shallow water for a solid 60 minutes. Cardio and toning exercises are both included in the workout. Swimsuit is required (shorts and/or tee shirt may be worn over the top).