



the power of **PLAY**

INDIAN BOUNDARY YMCA Group Exercise Schedule

Effective April 15, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15am BODY PUMP Susan	6-6:55am BOOTCAMP\$\$ Chris <small>(Free until Summer)</small>	5:30-6:15am BODY PUMP Susan	6-6:55am BOOTCAMP\$\$ Chris <small>(Free until Summer)</small>	5:30-6:15am BODY PUMP Susan	7:30-8:25am TTT Rebekah	
8-8:55am CYCLE Gail	7:30-8:25am YOGA Meg	8-8:55am FIT FUSION Rebekah	7:30-8:25am YOGA Anu	8-8:55am CYCLE Gail	8:30-9:25am TURBO KICK Annie	
8-8:55am PIYO Kate	8:30-9:15am LOWER BODY FOCUS Kathy	8:30-9:30am TRX\$\$ Jodi	8:30-9:15am LOWER BODY FOCUS Carmelo	8-8:55am PIYO Kate	9-9:55am Walk it Off\$\$ Mike <small>(Free until Summer)</small>	
9-9:55am BODY PUMP Kathy	9:30-10:25am TURBO KICK Annie	9-9:55am BODY PUMP Martine	9:30-10:25am TURBO KICK Annie	9-9:55am BODY PUMP Carmelo	9:30-10:25am BODY PUMP Carmelo	
10:30-11:15am SILVER SNEAKERS Kathy	10:30-11:15am SILVER SNEAKERS Rebekah	10:30-11:15am AOA STRETCH Martine	11:00-11:45am SILVER SNEAKERS Rebekah	10:30-11:15am AOA Fitness Kate		11:00am-11:55am YOGA Pency
		11:30am-12:25pm AOA FITNESS Gail				12:00 - 12:25pm PRANAYAMA Pency
		5-5:55pm Walk it Off\$\$ Mike <small>(Free until Summer)</small>				
6-6:55pm CYCLE Gail	6-6:55 pm YOGA Geeta	6-6:55pm CYCLE Gail	6-6:55 pm YOGA Geeta			
6-6:55pm ZUMBA Lindsay	7-7:55pm PILATES Aiza	6-6:55pm ZUMBA Lindsay				

Class and Instructor are subject to change/cancelation without notice
Reservation Required for Silver Sneakers & AOA Stretch
Check our website or app for the most current information.
indianboundaryymca.org

GROUP EXERCISE CLASS DESCRIPTIONS

AOA FITNESS: Improve your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercises. This class begins with low impact aerobics and includes balance and strength exercises all done without the assistance of a chair.

AOA STRETCH: This relaxing class is done in a chair and improves range of motion, circulation, and calms the mind.

BODYPUMP™: Les Mills Body Pump™ is a choreographed weight workout using adjustable weight barbells to sculpt every major muscle group. This class is for moderate to advanced fitness levels.

BOOTCAMP\$\$: Build strength and endurance by moving through a variety of exercises modeled after training used by the military and driven by a motivating YMCA trainer. Get fit fast! FREE until Summer 2024!

CYCLE: Instructors lead you through an exhilarating ride designed to improve overall fitness while increasing performance with a focus on endurance, strength, and interval training. No experience necessary.

FIT FUSION: Combines cardio intervals with metabolism building strength exercises. The class finishes with core work and simple stretching for a well-rounded workout.

LEARN TO LIFT\$\$: This class is instructed by a personal trainer in the Free Weight room and covers the proper use of equipment such as Olympic bar, Tire Flip, etc. \$\$Premium class requiring additional fee.

LOWER BODY FOCUS: Focus on the largest muscles in your body to strengthen, sculpt, and develop great legs. Increase your metabolism, burn more calories, increase lean body mass and achieve a more powerful base of support.

PILATES: Focus is placed on precise movements of core muscles to improve strength, stability, posture, balance and flexibility using body weight as resistance.

****PIYO®:** Sweat, stretch and strengthen in one low-impact, body-sculpting workout. PIYO cranks up the intensity and speed of traditional yoga and Pilates into a challenging blend of strength, agility, balance and flexibility.

PRANAYAMA: This is the yogic practice focusing on breath typically practiced alongside yoga intended to elevate the prana-shakti, or life energies. It focuses on breath to control the power of the mind.

SILVER SNEAKERS CLASSIC®: Move through a variety of exercises designed to increase strength, range of motion and activities for daily living. Chairs, dumbbells, elastic tubing and a Silver Sneakers® ball are used.

TRX\$\$: This suspension training class developed by a U.S. Navy SEAL builds body power, strength, flexibility, and core strength at the same time. \$\$Premium class requiring additional fee.

TTT (TORCH TONE & TIGHTEN): This class has it all! Torch calories with 20 minutes of cardio, Tone your muscles with 20 minutes of strength training and, Tighten your abdominal area with 20 of core and stretch.

****TURBO KICK®:** Turbo Kick® is a fast paced, fat-blasting, ab-defining cardio workout that is a choreographed mix of kickboxing and hip-hop dance moves set to music that will have you looking forward to your NEXT WORKOUT!

WALK IT OFF\$\$: Get the most out of your time on the treadmill. This class will be a heart-rate driven class led by a YMCA trainer using Myzone® technology to walk off those calories! FREE until Summer 2024!

****YOGA:** Yoga is a great complement to any fitness routine as it promotes relaxation, increases strength and improves flexibility. This class is suitable for all fitness levels and no experience is necessary.

****ZUMBA:** Exercise, dance and have loads of fun in this class while you move to the music. Groove to hypnotic Latin and international rhythms. A calorie burning dance routine set to music.

**** Family friendly classes ages 8-12yrs with parent/guardian, 13-15 after Teen Orientation.**