

**ABS-** A class that focuses on developing the core section.

**L.I.F.E. TONING**

L.-Low, I. -Impact, F.-Fitness, E.-Exercises Toning is a low impact total body workout. Feel your muscles work while you shape your body with weight training.

**BOOT CAMP/CROSS TRAINING-** This class is designed for a total body workout. The interval style training cardio and weight training will bring the maximum results. This is a one hour power class.

**SPIN/RIDE & SHINE-** You are sure to get your heart pumping in this high intensity cardio workout. The class is great for building cardio endurance and sculpting the legs.

**#REMIXED-** A dance workout that combines chest pops, crisscrosses, shoulder blows and kick steps to exercise the entire body.

**ZUMBA®-** A Latin-inspired, dance-fitness class that incorporates Latin and international music and dance moves to create a dynamic and effective fitness system. Ditch the workout, join the party!

**TONING-** Feel your muscles burn while you shape your body with weight training. If you want to learn how to use weights and reduce inches you need to take this class.

**FIT Barre-** An exceptional regime of ballet, Pilates, strength and flexibility training using a chair. The classes are choreographed to the hottest music in a fun, supportive and high-energy environment.

**YOGA-** This class will teach you proper stretching and relaxation techniques to clear your mind and relax your muscles. It combines the stretching aspects of yoga with a powerful flow.

**PILATES-** Enjoy improving your strength, flexibility, balance and coordination in a peaceful atmosphere. You will leave the class with a sense of calm energy (and perhaps a flatter tummy).

**BASIC STEP & TONE-** This class is a mixture of cardio and strength training moves. Expect Hi/Low floor aerobics for cardio, combined with use of weights and body bars for strength training.

**PiYo®-** A fusion workout based on the principle of Yoga and Pilates. It is a high energy workout that will improve your flexibility, strength and balance as well as burn calories.

**TOTAL BODY CHALLENGE-** Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat. You will use hand weights, body bars, tubing, bands and jump ropes to change the shape of your body. No muscle gets neglected.

**CORE AND FAT BLASTER-** Blast your cardio fitness to the next level! This class provides the variety your body needs to see results by combining cardio with specific muscle conditioning that will be tailored to the class's needs from week to week.

**SILVER CARDIO-** This is an aerobics class that's safe, heart-healthy and gentle on the joints.

**CORE N MORE** – is a Pilates and tone class that will incorporate moves for lengthening and strengthening of those mid body muscles. Stretching movements will also be incorporated to tone up this group of muscles that are important for everyday life.



# GROUP EXERCISE SCHEDULE

Ashland Area YMCA August 1st- September 30th

Revised 8/20/2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Boot Camp ●●● w/ Brooke 5:30-6:25 AC		Boot Camp ●●● w/ Brooke 5:30-6:25 AC	Core HIIT ●●● w/ Lisa 5:30- 6:25 AC	
	Ride & Shine ●●● w/ Lisa 5:30-6:25 CR	Cross Training●●● w/Tracy 5:45-6:30AG	Ride & Shine ●●● w/ Lisa 5:30-6:25 CR	Cross Training●●● w/Tracy 5:45-6:30AG	Silver Toning ● w/ Julie 8:00-8:50 AC	
	SilverSneakers ● w/ Carol 8:00-8:50 AC	Step & Tone ● w/ Julie 8:30-8:55 AC	SilverSneakers ● w/ Carol 8:00-8:50 AC	Step & Tone ● w/ Julie 8:30-8:55 AC	Silver Cardio ● w/Julie 9:00-9:45 RR	L.I.F.E. Toning ● w/ Alison 9:00-9:55 AC
	Boot Camp ●●● w/ Christina 9:00-9:55 AC	Total Body Cardio ●●● w/ Christina 9:00-9:55 AC	Boot Camp ●●● w/ Christina 9:00-9:55 AC	Total Body Cardio ●●● w/ Christina 9:00-9:55 AC	Extreme Core & Fat Blaster ●●● w/ Christina 9:00-9:55 AC	Yoga ● w/ Holly 10:00-10:55 RR
	Silver Cardio ● w/ Juile 9:00-9:45 RR	Pilates ● w/ Carol 9:00-9:55 RR	Silver Cardio ● w/ Juile 9:00-9:45 RR	Pilates ● w/ Carol 9:00-9:55 RR		Zumba® A w/ Alison 10:00-10:55 AC
	Yoga ● w/ Holly 10:00-10:55 RR	Dance Fitness ●● w/ Breann 10:00-10:55 AC	Yoga ● w/ Holly 10:00-10:55 RR	Dance Fitness ●● w/ Breann 10:00-10:55 AC	Pilates ● w/ Heather 10:00-10:55 RR	
					Toning ●● w/ Christina 10:00-10:55 AC	
Yoga ● w/ Holly 2:00-2:55 RR	Dance Fitness ●● w/ Breann 5:35-6:25 AC	FIT Barre ● w/ Sadie 5:35-6:25 AC	Zumba® A w/ Alison 5:35-6:25 AC	Dance Fitness ●● w/ Breann 5:35-6:25 AC	<b>Intensity Level</b> ●●- Low ●●- Moderate ●●●- High A-All Levels  <b>\$ Additional Fee</b> <b>AC: Aerobic Center</b> <b>RR: Recreation Room</b> <b>CR: Cycle Room</b> <b>P: Pool</b> <b>AG: Adult Gym</b>	
	Yoga ● w/ Holly 5:30-6:25 RR	SPIN ●●● w/ Kris 5:30-6:25 CR	Yoga ● w/ Holly 5:30-6:25 RR	SPIN ●●● w/ Kris 5:30-6:25 CR		
	Pilates ● w/ Adrianne 6:30-7:25 RR		Core Cycling ●●● w/ Lisa 5:30-6:25 CR			
	Boot Camp ●●● w/ Christina 6:30-7:25 AC	Total Body Challenge ●●● w/Breann 6:30-7:25 AC	Core n More ● w/ Alison 6:30-7:25 AC	Total Body Challenge ●●● w/Breann 6:30-7:25 AC		