



# GROUP EXERCISE

SALINA FAMILY YMCA • EFFECTIVE SEPTEMBER 9th

Mon	Tue	Wed	Thur	Fri	Sat
5:10-6:10 am STRENGTH TRAIN - GX Instructor: Carly	5:10-6:10 am CYCLE - CS Instructor: Terri	5:10-6:10 am BODY SCULPTING - GX Instructor: Terri	4:45-5:30 am CYCLE - CS Instructor: Lorelle	5:10-6:10 am DRUM FITNESS - GX Instructor: Yesica	
8:00-8:45 am AQUACISE - LP Instructor: Cynthia	6:00-6:45 am YOGA FOR ACTIVE AGERS - GX	8:00-8:45 am AQUACISE - LP Instructor: Cynthia	6:00-6:45 am YOGA FOR ACTIVE AGERS - GX	8:00-8:45 am AQUACISE - LP Instructor: Cynthia	
8:30-9:00 am PILATES - GX Instructor: Ellen		8:30-9:00 am PILATES - GX Instructor: Ellen		8:30-9:00 am PILATES - GX Instructor: Cheryl	7:45-8:45 am ACTIVE- GX Instructor: Andi
9:00-9:30 am BLAST & BURN - WC Instructor: Macy	9:00-9:45 am YOGA - GX Instructor: Ellen		9:00-9:45 am YOGA - GX Instructor: Ellen		9:00-9:45 am YOGA- GX Instructor: Amy
9:15-10:15 am BODY SCULPTING -GX Instructor: Angie	10:00-11:00 am TABATA - CS Instructor: Stacy	9:15-10:15 am BODY SCULPTING - GX Instructor: Angie		9:15-10:15 am BODY SCULPTING - GX Instructor: Angie	9:00-10:00 am CYCLE - CS Instructor: TBA
10:30-11:15 am SILVER SNEAKERS - GX Instructor: Marilyn	10:30-11:15 am SILVER SNEAKERS - GX Instructor: Marilyn	10:30-11:15 am SILVER SNEAKERS - GX Instructor: Marilyn	10:30-11:15 am SILVER SNEAKERS - GX Instructor: Bill	10:30-11:15 am SILVER SNEAKERS - GX Instructor: Marilyn	10:00-11:00 am ZUMBA - GX Instructor: Amy
11:00-11:45 am AQUAPOWER - LP Instructor: Kim		11:00-11:45 am AQUA POWER - LP Instructor: Kim		11:00-11:45 am AQUA POWER - LP Instructor: Kim	
11:30-12:00 am CHAIR YOGA - GX Instructor: Marilyn	11:30-12:15 pm TAI CHI - GX Instructor: Susan	11:30-12:00 am CHAIR YOGA - GX Instructor: Ellen	11:30-12:15 pm TAI CHI - GX Instructor: Susan		
12:15-12:45 pm BOGA ** - LP Instructor: Kim	12:15-12:45 pm CYCLE - CS Instructor: Melissa	12:15-12:45 pm BOGA ** - LP Instructor: Kim		12:15-12:45 pm CYCLE 30 - CS Instructor: Ellen	
12:15-12:45 pm YOGA - GX Instructor: Audrey	2:00-3:00 pm PARKINSONS EXERCISE - GX Instructor: Ellen	12:15-12:45 pm YOGA - GX Instructor: Andi	2:00-3:00 pm PARKINSONS EXERCISE - GX Instructor: Ellen	12:15-12:45 pm YOGA - GX Instructor: Andi	
4:30-5:25 pm THE BURN - GX Instructor: Stacy	4:30-5:25 pm STEP INTERVALS - GX Instructor: Joan	4:30-5:25 pm TABATA - GX Instructor: Stacy	4:30-5:25 pm STEP INTERVALS - GX Instructor: Joan	4:30-5:30 pm STRENGTH - GX Instructor: TBA***	
4:30-5:30 pm AQUACISE - FP Instructor: Rita		4:30-5:30 pm AQUACISE - FP Instructor: Rita		4:30-5:30 pm AQUACISE - FP Instructor: Self-Led	
5:30-6:30 pm CYCLE TOGETHER- CS Instructor: Andi/Ellen		5:30-6:30 pm CYCLE - CS Instructor: Taylor			
5:35-6:35 pm CARDIO DANCE - GX Instructor: Kaitlyn	5:35-6:35 pm STRENGTH TRAIN - GX Instructor: Ellen	5:35-6:35 pm ZUMBA - GX Instructor: Amy	5:35-6:35 pm STRENGTH TRAIN - GX Instructor: Carly		
6:40-7:40 pm DRUM FITNESS - GX Instructor: Yesica	6:45-7:30 pm LINE DANCING - GX Instructor: Marilyn	6:40-7:40 pm YOGA BODY SCULPT - GX Instructor: Elizabeth	6:45-7:30 pm LINE DANCING Instructor: Marilyn		
6:45-7:30 pm TONE & SCULPT - CS Instructor: Kaitlyn					

## LEGEND

- \*\* Must register for class.
- \*\*\* Check in-house flyer for class
- GX Group Exercise Studio
- CS Cycle Studio
- LP Lap Pool
- FP Family Pool
- WC Wellness

# CLASS DESCRIPTIONS

**ACTIVE-** (MOSSA CLASS) Cardio, strength, balance and flexibility all in one hour.

Dumbbells, bodyweight and fun!

**BLAST & BURN** - High cardio class for all levels. Combination of treadmill and muscle strength focus.

**BODY SCULPTING** - A full body resistance workout using bands, hand weights, and balls.

**THE BURN** - Improve your core and burn up your abs. Get a total body workout with some cardio moves.

**CHAIR YOGA** - Modifies yoga while sitting in a chair, targeting basic body mechanics and posture.

**Cardio Dance**- Groove to the beat with a variety of music and easy to follow steps

**CYCLE (ALL LEVELS)** - Come ride through hills, flats and mountains! Great class for all levels.

**CYCLE TOGETHER** - (MOSSA CLASS) A huge calorie burner that builds great-looking legs in 60-minutes! Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish!

**CYCLE 30** - (MOSSA CLASS) Get moving and feeling better in only 30-minutes. It's a cardio workout that is easy as riding a bike.

**DRUM FITNESS** - Sweat, sculpt, and rock out with us! Powerful beat to the rhythm of the music on swiss ball drums.

**LINE DANCING** - Line dancing isn't just country/western anymore! This class will keep you moving and grooving with fun dance steps performed to a variety of music.

**POWER STEP INTERVALS** - Cardio, power, strength, balance and agility training all in one!

**PILATES** - Incorporate strength with focus on abdominal and back workout.

**PARKINSON'S EXERCISE** - FREE community class for those diagnosed with Parkinson's Disease.

**SILVER SNEAKERS** - Class that incorporates friends, fitness, and fun! Combine strength and cardio with chairs.

**STRENGTH TRAIN** - (MOSSA CLASS) Blast your muscles to dynamic music during this complete body workout using several types of weights.

**TABATA** - Enjoy work/rest intervals...always more work than rest!!!

**TAI CHI** - Slow movement helps improve balance and fall protection.

**TONE & SCULPT**- Overall toning using bands, weights, and body weight!

**YOGA (ALL TYPES)** - Focus on improving your flexibility strength, and balance as your mind is challenged.

**YOGA for Active Aged** - Beginner to Int. class focused on poses to help you improve everyday movements that become challenging as we age, such as balancing, getting up and down, and reaching. All ages!

**ZUMBA** - Ready to shake your hips in this Latin style dance fitness class? Can be low to high impact and tons of fun while targeting your arms, core glutes, and legs.

**YOGA BODY SCULPT** - Sculpt your body using small hand weights while in yoga poses.

**AQUACISE** - A fun way to get in shape, these classes tone, work on cardiovascular fitness in a medium that's easy on the joints. Swimming skills are not necessary to join these classes.

**AQUA POWER** - Join us for a more intense workout utilizing different formats and equipment focusing on strength, toning, cardiovascular, and core fitness.

**BOGA** - BOGA builds strength, deepens flexibility, and improves balance and coordination through movements on the BOGA board, classes can be tailored and modified for a variety of fitness levels.

\*\*BOGA is a free class, but requires advanced sign up due to limited boards.

**SELF-LED AQUACISE** - The instructor leaves a written plan that you can do at your own pace for a self-guided aquacise class.

**CHECK OUR WEBSITE FOR ONLINE SCHEDULE!**

