



Group Exercise Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:00am	Retro Cardio *CH* (MP)		Retro Cardio *CH* (MP)				
	Flexible Core *MB*	Power Pump* (limited to 15 participants) *DN*	Tabata/Flexible Core *DN*	Power Pump* (limited to 15 participants) *DN*	Yoga Pilates Infusion *MB*		
9:15-10:15am	Cardio Step *MB*	Step Interval *DN*	Cardio Step *DN*	Step Interval *DN*	Cardio Step *CH*		
10:30-11:30am	Silver Sneakers Classic *CH* (MP)		Silver Sneakers Classic *CH* (MP)				
	A Taste of Dance *SB*	Senior Fitness *CH*	POUND FITNESS *RS* (10:30-11:15am)	A Taste of Dance *SB*	Senior Fitness *CH*		
5:45-6:45pm	Power Pump* (Limited to 15 participants) *DL*	Tabata (30 minutes) *JB*	Power Pump* (Limited to 15 participants) *DL*				Instructors Sheryl B: SB Michael Lynn B: MB Jacki B: JB Jaynie G: JG Cindy H: CH Dottie L: DL Debbie N: DN Morgen R: MR Randi S: RS
6:00-6:45pm			Cycling *MR* (MP) (Limited to 12 participants)				
6:15-6:45pm		Mix it Up *JB*					
6:45-7:30pm		POUND FITNESS *RS*					

SCHEDULE SUBJECT TO CHANGE

All Programs for age 13 and above. Ages 10-12 Cardio Only w/parent (must complete Jumpstart Program)
 *(MP)=Multipurpose Room

Class Descriptions

A Taste of Dance: Low impact movements using a wide variety of music styles.

Cardio Step: Combination of choreographed aerobics and step work.

Cycling: A low-impact class focusing on cardio challenges, hill climbs, and varying speeds and resistance for all participant levels.

Dance & Tone: Fat burning dance routine combined with cardio using the bench/step along with weights for toning.

Flexible Core: Conditioning for core and lower body muscle groups.

Fusion Strength: Full Body Strengthening exercises fused with a touch of Yoga and Pilates.

Mix It Up: A different class every time! Step aerobics, muscle conditioning, cross-training and floor work.

POUND FITNESS: Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

***Power Pump:** Proper lifting technique using barbells and plates. Strength, toning & endurance combined with high reps for aerobic fat burning. (Limited to 12 participants)

Retro Cardio: Low Cardio—work up a sweat without jumping. Strong moves that are easy on the joints. Strength, balance and flexibility included. Favorite music from the 60's, 70's & 80's.

Senior Fitness: Low-impact cardio workout, muscle conditioning, balance and flexibility, for the active senior

Silver Sneakers Classic: Muscular Strength & Range of Movement. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing w/handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Strength: Muscle conditioning for all major muscle groups, incorporating various props.

Step Interval: Cardio and Strength movements done in timed segments, using the step for cardio. Fast paced, high intensity interval training.

Tabata: High intensity training regimen. Interval training of 20 seconds of maximum intensity exercise followed by 10 seconds of rest, repeated without pause for a total of four minutes.

Walk Fit: Not your ordinary 'walking group', but a class full of powerful, low impact exercise bursts using body weight to build muscular strength—at your desired pace. All fitness levels welcome.

Yoga & Pilates Infusion: A combination of yoga and Pilates with a gentle flow focusing on flexibility, muscle endurance, and core strength.

All classes run continuously.

***Power Pump** is limited to **15** participants/**Cycling** limited to 12, on a first come, first served basis. (Members receive first consideration) *

Inclement Weather Policy

- Cancellations of classes are not based on the Minerva Local School's weather cancellations
- If we decide to cancel or close, you can find out by checking our website, Facebook, or call the Y

Fitness Center

- The Minerva Area YMCA Wellness Center is open whenever the YMCA is open. Ages 13 and above are welcome at any time. Youth ages 10-12 must complete Jump Start with a parent and may use **CARDIO EQUIPMENT ONLY.**