



GROUP EXERCISE SCHEDULE

Effective Date: January 1 - January 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Kickboxing Studio A 8:30-9:15	Power Pump Studio A 6:30-7:15	Group Cycling Cycling Room 6:30-7:15	Power Pump Studio A 6:30-7:15	Senior Core Pole Studio B 8:30-9:15	POUND Studio B 7:15-8:00
Senior Cardio Studio B 8:30-9:15	Senior Core Pole Studio B 8:30-9:15	Senior Cardio Studio B 8:30-9:15	Senior Cardio Studio A 8:30-9:15	Group Cycling Cycling Room 9:00-9:45	Yoga Flow Studio A 8:00-8:45
Group Cycling Cycling Room 9:00-9:45	Barre 30 Studio A 8:30-9:00	Group Cycling Cycling Room 9:00-9:45	POUND 30 Studio B 9:00-9:30		Power Pump Large Gym 8:00-8:45
Tabata Studio A 9:45-10:30	Piyo 30 Studio A 9:00-9:30	Rapid Results Keiser Room 9:30-10:15	Cycle 30 Cycling Room 9:30-10:00	Tabata Studio A 10:00-10:45	Group Cycling Cycling Room 9:00-9:45
Silver Sneakers Classic Studio B 10:00-10:45	Power Pump Large Gym 9:30-10:15	POUND Studio B 10:00-10:45	Strength Studio A 10:00-10:45	Silver Sneakers Classic Studio B 10:00-10:45	
	Silver Sneakers Cardio Studio B 10:00-10:45		Silver Sneakers Classic Studio B 10:00-10:45		
AFTERNOON CLASSES					
Tabata Studio A 4:30-5:30	Aerobics Studio B 4:30-5:15	Silver Sneakers Classic Studio B 4:30-5:15	Cycle 30 Cycling Room 4:30-5:00	Pilates Studio A 4:30-5:00	
Group Cycling Cycling Room 5:30-6:15	Power Pump Large Gym 4:30-5:15	BARRE Studio A 5:00-5:45	POUND 5:15-6:00 Studio B	Cycle 30 Cycling Room 5:15-5:45	
Core Pole Studio B 5:30-6:15	POUND Studio B 5:30-6:15	Group Cycling Cycling Room 5:30-6:15	Strength Studio A 5:30-6:15		
Zumba Studio A 6:00-6:45	Yoga Flow Studio A 6:00-6:45	Zumba Studio A 6:00-6:45			

Alliance Family YMCA
205 S. Union Ave
Alliance, OH 44601
www.ymcastark.org

ALL CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION

YMCA will be closed on 1/1 for New Years Day

Cycle-athon January 4&5 (each class is \$10)

New Years Challenge starts 1/7/19

Sweating to the oldies week (1/7-1/12)



GROUP EXERCISE CLASS DESCRIPTIONS

Low Impact (level of intensity dependent on member's effort)	
Silver Sneakers/Senior Cardio/Aerobics	Increase muscular strength, range of motion and activities for daily living. Chair used for seated and or standing support. Cardio class designed for seniors
Rapid Results	Strength and cardiovascular conditioning that incorporates our Keiser
BARRE/Pilates	Toning using a mix of ballet and pilates, great for flexibility and core (barre) System of exercise focused on body control and strengthening core muscles
Yoga Flow	Enhances mind and body awareness. System of well rounded strength & flexibility movements. Participants can bring their own mat.
Piyo	Full body workout that strengthens and sculpts the body while increasing flexibility
Moderate-High Intensity	
Zumba	Mix of Latin & International music! Interval training format combining various rhythms with movements that tone and sculpt the body.
Cardio Kickboxing	Full body workout incorporating martial arts techniques, boxing moves and strengthening exercises.
Group Cycling	This is a low impact class with lots of energy. You can set the bike's tension to fit your pace. There will be standing and sitting intervals. Please come early enough to set the bike up to your comfort.
POUND	Heart pumping cardio workout with weighted drumsticks, choreographed to music. This can also be modified for low impact, high intensity.
Tabata	Switch it up with timed segments of cardio, strength, and core. Intervals of 20 seconds of maximum intensity followed by 10 seconds of rest
Strength	
Power Pump	Endurance lifting class designed to strengthen each major muscle group of the body
Strength	This class focuses on strengthening and toning all major muscle groups. Props will be used in different formats to add variation.
Senior Core Pole/Core Pole	No impact, uses resistance bands attached to a core pole for a complete workout. Great for building core strength