



# GROUP EXERCISE SCHEDULE

## Effective Date: November 1 - November 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cardio Kickboxing</b> Studio A 8:30-9:15	<b>Power Pump</b> Studio A 6:30-7:15	<b>Senior Cardio</b> Studio B 8:30-9:15	<b>Power Pump</b> Studio A 6:30-7:15	<b>Senior Core Pole</b> Studio B 8:30-9:15	<b>POUND</b> Studio B 7:15-8:00
<b>Senior Cardio</b> Studio B 8:30-9:15	<b>Senior Core Pole</b> Studio B 8:30-9:15	<b>Group Cycling</b> Cycling Room 9:00-9:45	<b>Senior Cardio</b> Studio A 8:30-9:15	<b>Group Cycling</b> Cycling Room 9:00-9:45	<b>Yoga Flow</b> Studio A 8:00-8:45
<b>Group Cycling</b> Cycling Room 9:00-9:45	<b>Barre 30</b> Studio A 8:30-9:00	<b>Rapid Results</b> Keiser Room 9:30-10:15	<b>POUND 30</b> Studio B 9:00-9:30		<b>Power Pump</b> Large Gym 8:00-8:45
<b>Tabata</b> Studio A 9:45-10:30	<b>Piyo 30</b> Studio A 9:00-9:30	<b>POUND</b> Studio B 10:00-10:45	<b>Cycle 30</b> Cycling Room 9:30-10:00	<b>Tabata</b> Studio A 10:00-10:45	<b>Group Cycling</b> Cycling Room 9:00-9:45
<b>Silver Sneakers Classic</b> Studio B 10:00-10:45	<b>Power Pump</b> Large Gym 9:30-10:15		<b>Strength</b> Studio A 10:00-10:45	<b>Silver Sneakers Classic</b> Studio B 10:00-10:45	
	<b>Silver Sneakers Cardio</b> Studio B 10:00-10:45		<b>Silver Sneakers Classic</b> Studio B 10:00-10:45		
AFTERNOON CLASSES					
<b>Tabata</b> Studio A 4:30-5:30	<b>Aerobics</b> Studio B 4:30-5:15	<b>Silver Sneakers Classic</b> Studio B 4:30-5:15	<b>Cycle 30</b> Cycling Room 4:30-5:00	<b>Pilates</b> Studio A 4:30-5:00	
<b>Group Cycling</b> Cycling Room 5:30-6:15	<b>Power Pump</b> Large Gym 4:30-5:15	<b>BARRE</b> Studio A 5:00-5:45	<b>POUND</b> 5:00-5:45 Studio B	<b>Cycle 30</b> Cycling Room 5:00-5:30	
<b>Core Pole</b> Studio B 5:30-6:15	<b>POUND</b> Studio B 5:30-6:15	<b>Group Cycling</b> Cycling Room 5:30-6:15	<b>Strength</b> Studio A 5:30-6:15		
		<b>Core Pole</b> Studio B 5:30-6:15			
<b>Zumba</b> Studio A 6:00-6:45	<b>Yoga Flow</b> Studio A 6:00-6:45	<b>Zumba</b> 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  
Community Boot Camp Class November 3 @ 8:00am in Gym  
Community Piyo Class on November 1 at 5:30pm @ AFHC  
No group exercise class after 12:00pm on 11/21  
YMCA will be closed on 11/22 for Thanksgiving.



## 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 Equipment. Interval training
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 (pilates)
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