



# MEYERS LAKE YMCA GROUP EXERCISE SCHEDULE APRIL 2024

This schedule is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>9:00 am</u> FOREVER FIT * Krysten	<u>9:00 am</u> BODY PUMP Krysten	<u>9:00 am</u> FOREVER FIT * Krysten	<u>9:00 am</u> BODY PUMP Krysten	<u>9:00 am</u> FOREVER FIT * Krysten	<u>9:00 am</u> YOGA Cynthia
<u>10:30 am</u> SILVER SNEAKERS CLASSIC Jean	<u>10:30 am</u> SILVER SNEAKERS CHAIR YOGA Jean	<u>10:30 am</u> SILVER SNEAKERS CLASS Instructor Rotation	<u>10:30 am</u> SILVER SNEAKERS STABILITY Krysten	<u>9:00am</u> <b>Self Defense</b> <hr/> <u>9:30am</u> <b>Tai Chi</b> Jeff	
<u>12:00 pm</u> MIX IT UP ! Micki <b>Last Class 4/22/24</b>	<u>12:00 pm</u> STRETCH Krysten	<u>11:30 am</u> TAI CHI Jeff	<u>12:15 pm</u> CIRCUIT TRAINING Marc	<u>10:30 am</u> SILVER SNEAKERS CHAIR YOGA Jean	
	<u>1:00pm</u> <b>Parkinson's Class</b>	<u>5:30 pm</u> YOGA Cynthia			
<u>5:30 pm</u> Les Mills CORE Tiffany				<u>6:00– 6:45pm</u> XTREME HIP HOP STEP <b>Sean</b> 4/12; 4/26	
	<b>WATER</b>	<b>FITNESS</b>	<b>CLASSES</b>		
<u>9:00 am</u> Deep H2O Fitness		<u>9:00 am</u> Deep H2O Fitness			
	<u>11:00 am</u> Aqua Arthritis		<u>11:00 am</u> Aqua Arthritis		
	<u>11:45 am</u> Aqua Pilates		<u>11:45 am</u> Aqua Pilates		

- **Class is held in the Gym**

<b>Forever Fit</b>	Fun, low-impact and moderate intensity cardio workout focusing on muscle strength and balance using various props for resistance and variation.
<b>Silver Sneakers Yoga</b>	A class using a chair to safely perform a variety of postures to increase flexibility, balance, and help with breathing and stress reduction.
<b>Stability</b>	This is a fall prevention class geared toward helping balance, gait training and functional movement. Must be able to be on your feet for 30 minutes
<b>Classic</b>	This class will help increase muscular strength, range of movement and activities for daily living. A chair is offered for support. Props used are; hand held weights, resistance tubing with handles, and a small pliable ball.
<b>Yoga</b>	An all levels Yoga flow class for everyone. Modifications will be given on more advanced moves. Blocks are available.
<b>MIX IT UP !</b>	Various group exercise formats and props for the workout are used to build, cardio, strength and muscle endurance.
<b>Stretch !</b>	Focus is on creating more flexibility and range of motion in all the major muscle groups, routines focus on standing, seated and lying stretches. Various Props may be used to help with stretching.
<b>LES MILLS CORE</b>	LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.
<b>Circuit Training</b>	A moderate intense class that combines strength/cardio exercises in a timed, circuit format. Various props are used.
<b>LES MILLS BODY PUMP</b>	This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health. This program is based on <a href="#">THE REP EFFECT</a> , a proven formula that
<b>X-Treme Hip-Hop Step</b>	A revamp of traditional step aerobics. Routines vary in fast and slow moves and are set to old and new school hip hop music, it makes you want to get up and move while getting a great calorie burn!
<b>Pilates/Yoga Mix</b>	This is a combination class fusing together the concepts of Pilates and core strength with the flow of yoga moves.

### WATER EXERCISE CLASSES

<b>Aqua Arthritis</b>	Participants with Arthritis engage in stretching, breathing, and light aerobic activities in a warm pool to improve flexibility, joint range of motion, endurance, strength, and well-being.
<b>Deep H2O Water Fitness</b>	A high intensity workout using water resistance to help tone and strengthen the muscles. Jogging belts available.
<b>Aqua Pilates</b>	A class geared towards core strengthening, increased flexibility and stress reduction. Held in the shallow end.
	<div style="background-color: #2e8b57; color: white; padding: 10px; display: inline-block;"> <p><b>You can receive REMIND notifications for Classes</b></p> <p><b>Ask our Front Desk Staff</b></p> </div>