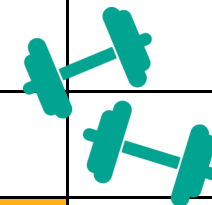




Paul & Carol David YMCA Group Exercise Class Schedule Beginning July 5th 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
POWER HOUR 5:30-6:30 AM Rabbitt Gym <i>Elisa, John, Chuck</i>	GROUP CYCLING 5:40-6:25AM Kenan Studio <i>Jean</i>	POWER HOUR 5:30-6:30 AM Rabbitt Gym <i>Elisa, John, Chuck</i>	GROUP CYCLING 5:40-6:25AM Kenan Studio <i>Kelly A</i>	POWER HOUR 5:30-6:30 AM Rabbitt Gym <i>Elisa, John, Chuck</i>	GROUP CYCLING 8:30-9:15 AM Kenan Studio <i>Jessica</i>	
YOGA 8:30-9:30 AM MPR <i>Brenda</i>	SILVER SNEAKERS 8:30-9:30 AM MPR <i>Sue/Cheryl</i>	LES MILLS CORE 6:30-7:00 AM Kenan Studio <i>Kelly A</i>	SILVER SNEAKERS 8:30-9:30 AM MPR <i>Sue/Cheryl</i>	TOTAL BODY TONING 8:30-9:15AM Rabbitt Gym <i>Elisa K</i>	POWER YOGA 9:00-10:00 AM MPR <i>Brenda</i>	
STRENGTH 45 9:30-10:15 AM Rabbitt Gym <i>Katie</i>	LINE DANCING 8:30-9:15 AM Kenan Studio <i>Heather</i>	TOTAL BODY TONING 8:30-9:15AM Rabbitt Gym <i>Elisa K</i>	LINE DANCING 8:30-9:15 AM Kenan Studio <i>Heather</i>	POUND 9:15-10:00 AM MPR <i>Micki</i>	SATURDAY SWEAT 9:00-9:45 AM Rabbitt Gym <i>Devin, Katie, Sara, Heather</i>	
CYCLE/LES MILLS CORE 9:30-10:30 AM Kenan Studio <i>Kelly A</i>	DANCE FITNESS 9:30-10:15 AM Kenan Studio <i>Karissa</i>	YOGA 8:30-9:30 AM MPR <i>Brenda</i>	CARDIO CROSSTRAINING 9:30-10:15 AM Sirpilla Gym <i>Lyndsey</i>	CYCLE/STRENGTH 9:30-10:30 AM Kenan Studio <i>Lyndsey</i>	ZUMBA 10:00-11:00 AM Kenan Studio <i>Rotation</i>	
FOREVER FIT 10:00-10:45 AM Sirpilla Gym South <i>Anna</i>	CARDIO CROSSTRAINING 9:30-10:15 AM Rabbitt Gym <i>Sara</i>	CYCLE/STRENGTH 9:30-10:30 AM Kenan Studio <i>Sara/Katie</i>	ZUMBA GOLD/TONING 9:30-10:20 AM Kenan Studio <i>Christine</i>	CIRCUIT TRAINING 9:30-10:30 AM Functional Fitness Room <i>Lindsey</i>		
ZUMBA 10:45-11:30 AM Kenan Studio <i>Megan</i>	FOREVER FIT INTERVALS 9:30-10:20 AM Sirpilla Gym <i>Christine</i>	FOREVER FIT 10:00-10:45 AM Sirpilla Gym South <i>Diana</i>	FOREVER FIT INTERVALS 10:30-11:20 AM Kenan Studio <i>Christine</i>	TAI CHI 10:45-11:30 AM Rabbitt Gym <i>Jeff /Herb</i>		
SILVER SNEAKERS STABILITY/YOGA 11:00 AM-12:00 PM MPR <i>Christine</i>	ZUMBA 10:30-11:30 AM Kenan Studio <i>Kristee</i>	ZUMBA TONING 10:45-11:45 AM Kenan Studio <i>Kristee</i>	YOGA 10:00-11:00 AM MPR <i>Bob</i>	SILVER SNEAKERS 10:30-11:30 AM MPR <i>Carly</i>		
	LES MILLS BODYPUMP 10:30-11:15 AM MPR <i>Karissa</i>	CHAIR YOGA 11:00 AM-12:00 PM MPR <i>Christine</i>		ZUMBA 10:45-11:45 AM Kenan Studio <i>Kristee</i>		
EVENING						
EXPRESS CORE 5:15-5:30 PM MPR <i>Kelly</i>	STRENGTH FLOW 5:30-6:15 PM Kenan Studio <i>Jessica</i>	TOTAL BODY TONING 5:30-6:15 PM Rabbitt Gym <i>Tammie</i>	CORE/CYCLE 5:30-6:30 PM Kenan Studio <i>Tammie</i>		**NO GROUP EXERCISE CLASSES JULY 4TH**	
LES MILLS BODYPUMP 5:30-6:15 PM MPR <i>Kelly A</i>	CIRCUIT TRAINING 6:00-6:45 PM Functional Fitness Room <i>Rotation</i>	GROUP CYCLING 6:15-7:00 PM Kenan Studio <i>Krista</i>	BARRE TONING 6:30-7:15 PM MPR <i>Danijela</i>			
GROUP CYCLING 6:15-7:00 PM Kenan Studio <i>Sara</i>	ZUMBA 6:30-7:30PM Kenan Studio <i>Kelly D</i>	YOGA 6:30-7:30 PM MPR <i>Sydney</i>				
BARRE TONING 6:30-7:15 PM MPR <i>Allie</i>	POWER YOGA 7:00-8:00 PM MPR <i>Shanna</i>				*INDICATES NEW CLASS OR CHANGE	



GROUP EX CLASS DESCRIPTION

Power Hour	Full body workout incorporating various formats of cardio and strength.
Cardio Cross Training	A higher intensity cardio/strength class using various props and rep schemes.
Cycle/Strength	Approximately a 40 minute cycling ride followed by an upper body and core strength workout.
Cycle/Les Mills CORE	A 30 minute cycling ride followed by a 30 minute Les Mills CORE class.
Core/Cycle	Core training follow by group cycling. Attend all or part of this class!
Saturday Sweat	A different high intensity class each week guaranteed to make you sweat. Start your weekend off right!
Group Cycling	A low-impact class focusing on cardio challenges, hill climbs, and varying speeds and resistance for all participant levels.
30/30	Half cardio vascular exercises and half resistance/weighted exercises for a full body 60 minute workout.
Les Mills CORE	A 30 minute workout designed to strengthen and tone your abs, hips, glutes, back and more. Can be modified for all levels.
Total Body Toning	Suitable for all levels, strength based class using a variety of props. You will work your body from head to toe.
Yoga/ *Power Yoga	Yoga/Power Yoga offers you a strong moving flow that cultivates balance, stability, flexibility and strength. Breath awareness and coordination are carried throughout the practice. *Power Yoga is a more moderate to intense class.
Strength 45	A 45 minute full body strength class designed to challenge you to lift heavier weights with proper form. A more advanced weight training class.
Zumba	"A party with exercise!" Mix of Latin, modern and international music. Cardio interval training format, combining various rhythms with movements that tone and sculpt body. Zumba Step adds the strengthening of Step Aerobics to the fun-fitness party atmosphere of Zumba increasing cardio and calorie burn!
Zumba Toning	A 60 minute toning & sculpting class with the party atmosphere of a Zumba class. Suitable for all levels.
Les Mills BODYPUMP	A barbell based, high rep workout designed to burn calories and get you fitter, faster.
Dance Fitness	A wildly addictive cardio dance workout based on the hottest pop and hip hop music.
Line Dancing	Dance along to a repeating sequence of steps while arranged in one or more lines.
Barre Toning	A low impact body sculpting class focusing on muscle endurance. This class utilizes ballet fitness concepts for full body sculpting.
Circuit Training	Functional Fitness Room class using a variety of props and formats including TRX. Come ready to work!
Pound	A full body workout set to exhilarating music that combines cardio, conditioning and strength using lightly weighted drum sticks. Modifiable for all levels.
Strength Flow	You will sweat, stretch and strengthen during this up-tempo Yoga/Pilates style class. This is an intense yet low impact workout that also works your core.
Forever Fit/Intervals	Low impact cardiovascular workout with muscle conditioning using a variety of props.
Zumba Gold/Toning	Easy to follow, modified Zumba class focusing on balance, range of motion and coordination. Come ready to sweat and leave feeling empowered and strong. Also includes a few Zumba Toning songs.
Tai Chi	Helps you build core strength, stamina and balance. Moving meditation calms the mind as energy flows through the body.
Silver Sneakers/SS Stability Yoga combo	Variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. Chair used for sitting and/or standing support. Check out our new combo class, SS Stability and Yoga.
Chair Yoga	Move your body through a complete series of seated & standing yoga poses. The chair is offered to safely perform a variety of postures designed to increase flexibility, balance, & range of motion.

CLASS INTENSITY KEY

HIGH INTENSITY

MODERATE INTENSITY

LOW INTENSITY



**PAUL & CAROL
DAVID YMCA**

7389 Caritas Circle NW