



GROUP EXERCISE SCHEDULE

LAKE COMMUNITY YMCA | 330.877.8933

Beginning January 1, 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00pm-1:45pm Drum Fit Studio C <i>Angela</i>	8:30-9:15am BodyPump/LM Studio C <i>Jen U.</i>	9:15-10:00am Cardio X Outside/FH <i>Katie</i>	5:15-6:00am Cycling Studio B <i>Jen R.</i>	5:15-6:00am Strength Studio C <i>Jen R.</i>	5:15-6:00am HIIT Studio C <i>Jen R.</i>	7:45-8:45am Cycling Studio B <i>Kim E.</i>
	8:45-9:45am Yoga Studio A <i>Kelly</i>	9:15-10:00am Step Studio A <i>Jenny A.</i>	8:00-9:00am Beginner Yoga Studio A <i>Kim K.</i>	8:30-9:30am Body Pump/LM Studio C <i>Jen U.</i>	8:00-9:00am Yoga Studio A <i>Kim K.</i>	8:00-9:15am Cardio X Studio C <i>Jeremy</i>
	9:15-10:00am Cardio X Outside/FH <i>Nicole</i>	9:15-10:00am Drum Fit Studio C <i>Polly</i>	8:35-9:10am Kettlebell Studio C <i>Michelle V.</i>	9:15-10:00am Zumba Gold Studio A <i>Andrea B.</i>	8:35-9:05am Abs & Glutes Studio C <i>Michelle V.</i>	9:00-9:45am Strength Studio A <i>Kim E.</i>
	9:15-10:10am Cycling Studio B <i>Tina</i>	10:15-11:00am Strength Studio C <i>Jenny A.</i>	9:15-10:00am Cardio X Outside/FH <i>Michelle V.</i>		9:15-10:00am Cardio X Outside/FH <i>Nicole</i>	
	9:30-10:15am Strength Studio C <i>Andrea B.</i>	10:15-11:00am Silver Sneakers Studio A <i>Polly</i>	9:15-10:00am Zumba Studio C <i>Andrea B.</i>	10:15-11:00am Silver Sneakers Studio A <i>Jen R.</i>	9:15-10:10am Cycling Studio B <i>Debbie</i>	
	10:00-10:45am Senior Fitness Studio A <i>Jen R.</i>	11:15-12:00pm Chair Yoga Studio A <i>Martie</i>	9:15-10:10am Cycling Studio B <i>Debbie</i>		9:15-10:00am Drum Fit Studio C <i>Angela</i>	
	10:50-11:20am Senior Balance Studio A <i>Jen R.</i>		10:15-11:00am Strength Studio C <i>Andrea B.</i>		10:00-10:45am Senior Fitness Studio A <i>Jenny A.</i>	
	1:00-2:00pm Parkinsons/MS Studio A <i>Michelle F/Jen R</i>					
PM CLASSES						
	5:30-6:30pm Dance Fitness Studio A <i>Kim H.</i>	5:30-6:30pm REFIT Studio C <i>Kim H.</i>	5:30-6:20pm Dance Fitness Studio A <i>Kim H.</i>	5:30-6:30pm Zumba Studio A <i>Melissa</i>		
	5:45-6:30pm Tabata Strength Studio C <i>Kim E.</i>	5:30-6:00pm Intro to Cycling Studio B <i>Debbie</i>	5:30-6:05pm Abs & Glutes Studio C <i>Debbie</i>	Anything Can Happen Thursday See flyer!		
	6:45-7:30pm Cycling Studio B <i>Kim E.</i>	6:00-6:45pm Barre Studio A <i>Kim E.</i>	6:30-7:30pm Power Yoga Studio A <i>Martie</i>			*OFFERED THE FIRST TUESDAY OF EACH MONTH
	6:45-7:45pm Power Yoga Studio A <i>Tyler</i>	7:00-8:00pm Cardio X Studio C <i>Jeremy</i>	6:15-7:00pm Cycling Studio B <i>Debbie</i>			*indicates class is located in the field house or outside

Class Locations: Studio A, B, C, Field House or Outside



GROUP EXERCISE CLASS DESCRIPTIONS

CLASS NAME	LENGTH	DESCRIPTION
Abs & Glutes	35 min	Strengthening & sculpting exercises for the abs, lower back, & lower body muscle groups. All Fitness levels welcome.
Barre	45 min	A rigorous workout that blends elements from different exercise styles, including ballet, Pilates, and Yoga.
Cardio/Abs	30 min	high intensity cardio with an abs focus. (Please color in with purple from the intensity key)
Cardio X	45 min	Full body workout incorporating various formats of cardio & strength. For intermediate and Advanced fitness levels.
Chair Yoga	45 min	Yoga positions & poses with a chair. Whether sitting or standing, the chair replaced the yoga mat And becomes an extension of the body. For all fitness levels.
Dance & Tone	1 hr	Hip hop & Latin inspired movements guaranteed to make you sweat! Incorporates light weights for
DrumFit	45 min	Cardio Based class that incorporates "drumming" on a stability ball with drum sticks. Combines Cardio, core work, and muscular endurance. For beginners or intermediate exercisers.
Group Cycling	45 min-1 hr	Low to high Intensity cardio workout with no impact to the joints. Must be at least 4ft. 10" tall to fit on the bikes properly. Simulating outdoor cycling with music.
Kettlebell	35 min	moderate to high intensity class focusing on muscle building moves for the entire body with kettlebells only.
LesMILLS BodyPump®	45 min	The original barbell class, the ideal workout for anyone looking to get lean, toned and fit. All fitness levels welcome.
REFIT	1 hr	Cardio-focused class is effective & fun! Perfect for beginners & challenging for fitness enthusiasts.
Senior Fitness	45 min	Low impact cardio, toning and flexibility all in one class. (Chairs available if needed)
SilverSneakers®	45 min	Increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubes and a ball are used for resistance. Chair is used for sitting and/or standing.
Senior Balance	30 min	Body weight movements to increase strength, flexibility, reflexes and aid with fall prevention.
Step	45 min	Choreographed routines taught while utilizing an aerobic step. Modifications can be made for Beginner and advanced level participants. All fitness levels welcome.
Strength	45 min	Class focusing on all the different muscle groups using various types of resistance. Increase strength, tone and tighten; complete with warm up and a cool down.
TABATA/HIIT	45 min	Interval and timed bouts of strength training and cardio, circuit training, modifications provided.
Yoga	1 hr	For all ability levels. Bring your own mat. Enhances mind and body awareness. Well rounded strength and flexibility.
ZUMBA® Gold	45 min	Zumba for beginners and seniors. Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.
ZUMBA®	1 hr	Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.

CLASS INTENSITY KEY

HIGH INTENSITY

MODERATE INTENSITY

LOW INTENSITY