



GROUP EXERCISE SCHEDULE

LOUISVILLE AREA YMCA/330.875.1611

Beginning October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Morning Mix Jody	5:15am Strength Mark	5:15am Boot Camp Mark	5:15am Strength Mark	5:15am <i>(Community Welcome—Outside Weather Permitting)</i> Boot Camp Mark	8:30am Yoga Laura
9:00am Cycling Amy P.	8:30am Strength Melissa	8:00am Beginner Yoga Holly	9:00am Les Mills® Body Pump Micki	8:00am Beginner Yoga Holly	
10:30am Zumba Gold® Debbie	9:00am Cardio Melissa	9:00am Cycling Melissa	10:15pm Yoga Melissa		
	10:00am Chair Yoga Samantha	10:30am Zumba Gold® Debbie	11:00am SilverSneakers® Barb		
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PM CLASSES					
4:30pm Pound Fit™ Rachel	5:00pm Cycle Strength Jody	5:00pm Resist-a-Ball Strength Jody	5:00pm Cardio Strength Holly		
5:15pm HIIT Melissa	6:00pm Les Mills Core™ Kristen	6:00pm Zumba® Daria	6:00pm Les Mills Body Pump™ Kristen		
6:15pm Zumba® Daria	7:00pm Yoga Beth	7:15pm Power Yoga Lydia			
7:15pm Sarah Zen Strength Yoga					



GROUP EXERCISE CLASS DESCRIPTIONS

CLASS NAME	DESCRIPTION
Boot Camp	Cardio and strength drills, stations and short distance running to challenge participants.
LesMILLS BodyPump®	The original barbell class! The ideal workout for anyone looking to get lean, toned and fit. All fitness levels welcome.
LesMILLS Core™	It 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.
Cycling	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. Cycle and Tone incorporates weights and off the bike intervals for core and legs.
Cardio Strength	Cardio kickboxing elements Strength training infused.
Chair Yoga	Yoga positions & poses with a chair. Whether sitting or standing, the chair replaces the yoga mat, and becomes an extension of the body. For all fitness levels.
High Intensity Interval Training	Switch it up with timed segments of cardio, strength and core.
Morning Mix	1 minute intervals of cardio mixed up on cycling bikes, around the track or outside. Mix of cardio and light strength..
Pound Fit™	Using RipStix—weighted drumsticks engineered for exercise combining drumming into an effective full-body workout. Fuses cardio, Pilates, and isometric movements into fun and energized series.
Power Yoga	Offers a flow that focuses on endurance, stability, flexibility and strength. Students practice fluidly moving from one pose to the next while connecting their breathing to their movement. This is a moderate to intense yoga class.
Resist-a-Ball/Strength	Strength training with weights. Use of the resist-a-ball to focus on the core.
SilverSneakers® Classic	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.
Strength	The ideal workout for anyone looking to get lean, toned and fit. All fitness levels welcome.
Yoga	For all ability levels. Bring your own mat. Enhances mind and body awareness. Well rounded strength and flexibility.
Zen Strength Yoga	Kick off your shoes and join us on the mat for a 45 minutes slow flow vinyasa interspersed with light weight strength training.
ZUMBA®	Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.
ZUMBA Gold®	A mix of latin, modern, oldies but goodies, and today's top 40 music. Easy to follow, modified Zumba class focusing on balance, range of motion, and coordination. Also includes a few Zumba toning songs. Come ready to sweat and leave feeling empowered and strong!

CLASS INTENSITY KEY

HIGH INTENSITY

MODERATE INTENSITY

LOW INTENSITY