

Winter FITNESS CLASSES

Starts Nov. 30



LOUISVILLE AREA YMCA

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
5:30am Bootcamp Mark	5:30am HIIT Gina	5:30am Bootcamp Mark	5:30am HIIT Gina	5:30am Bootcamp Mark
9:00am Cycling Intervals Amy P.	9:00am BodyPump Express (Les Mills) Kristin	10:30am Dance Gold Barb	9:00am Strength & Core Amy S.	Please note schedule changes are in bold dark print
10:30am Dance Gold Barb	9:30am CXWORX Kristin	----- 5:15pm Strength & Tone Barb	10:15am Yoga Barb	
----- 4:30pm Pound Rachel	11:00am SilverSneakers Barb	6:00 Zumba Daria	11:00am SilverSneakers Barb	
5:15pm Tabata Gina	----- 5:30pm Cycling Barb		----- 5:30pm Pound Rachel	
6:15pm Zumba Becky	6:30pm BodyPump CXWORX Kristen		6:15pm Zumba Daria	
	7:15pm Yoga Christy			

CURRENT GUIDELINES

- Please bring your own water & mats
- Spaces are indicated in the room to state where to stand 6 ft apart.

CLASS DESCRIPTIONS

Boot Camp

- Cardio and strength drills, stations and short distance running to challenge participants.

LES MILLS BodyPump®

- The original barbell class, the ideal workout for anyone looking to get lean, toned and fit.
- All fitness levels welcome.

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

Cycling Intervals

- 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.
- Cardio and Strength exercises added to make a full body workout

CXWORX

- A 30 minute workout designed to strengthen and tone your abs, hips, glutes, back and more.
- Can be modified for all levels.

POUND FIT™

- Using RipStix – weighted drumsticks engineered for exercise, combining drumming into an effective full-body workout.
- Fuses cardio, Pilates, isometric movements into fun and energized series.

SilverSneakers® CLASSIC

- Increase muscular strength, range of movement and activities for daily living.
- Hand weights, elastic tubes and a ball use for resistance.
- Chair is used for sitting and/or standing support.

Strength and Core

- Muscle conditioning for all major muscle groups, incorporating various props with a core segment.

Strength and Tone

- Muscle conditioning for all major muscle groups, incorporating various props.

Yoga

- For all ability levels–Bring your own mat
- Enhances mind and body awareness
- Well rounded strength and flexibility

ZUMBA®

- Mix of Latin and International Music.
- Interval Training format combining various rhythms with movement that tone and sculpt the body.