



GROUP EXERCISE SCHEDULE

LAKE COMMUNITY YMCA | 330.877.8933

Beginning June 13th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00pm-1:45pm Drum Fit Studio C <i>Angela</i>	5:30-6:30am Cardio X Outside/FH <i>Michelle S.</i>	5:15-6:00am Cardio X FH <i>Eric</i>	5:15-6:00am Cycling Studio C <i>Jen R.</i>	5:15-6:00am Strength Studio C <i>Jen R.</i>	5:15-6:00am Get Fit Studio C <i>Eric</i>	7:45-8:45am Group Cycling Studio C <i>Kim E.</i>
	8:30-9:15am BodyPump/LM Studio C <i>Jen U.</i>	9:15-10:00am Cardio X Outside/FH <i>Katie</i>	5:30-6:30am Cardio X Outside/FH <i>Michelle S.</i>	8:30-9:30am Body Pump/LM Studio C <i>Jen U.</i>	5:30-6:30am Cardio X Outside/FH <i>Michelle S.</i>	8:00-9:15am Cardio X Outside/FH <i>Michelle S.</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 Gentle Yoga Studio A <i>Kim K.</i>	9:15-10:00am Zumba Gold Studio A <i>Andrea B.</i>	8:00-9:00am Yoga Studio A <i>Kim K.</i>	9:00-9:45am Strength Studio A <i>Kim E.</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>	9:30-10:15am Barre Studio C <i>Kim E.</i>	8:15-9:00am Strength Studio C <i>Kim E.</i>	
	9:25-10:10am Group Cycling Studio C <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>	10:15-11:00am Silver Sneakers Studio A <i>Jen R.</i>	9:15-10:00am Cardio X Outside/FH <i>Nicole</i>	
	10:00-10:45am Senior Fitness Studio A <i>Jen R.</i>	10:15-11:00am Silver Sneakers Studio A <i>Polly</i>	9:15-10:00am Zumba Studio A <i>Andrea B.</i>		9:15-10:00am Group Cycling Studio C <i>Kim E.</i>	
	10:30-11:15am Strength Studio C <i>Andrea B.</i>	11:15-12:00pm Chair Yoga Studio A <i>Martie</i>	9:15-10:00am Group Cycle Studio C <i>Debbie</i>		10:00-10:45am Senior Fitness Studio A <i>Jenny A</i>	
	10:50-11:20am Senior Balance Studio A <i>Jen R.</i>		10:15-11:00am Strength Studio C <i>Andrea B.</i>			
PM CLASSES						
	5:30-6:30pm Dance & Tone Studio A <i>Kim H.</i>	5:30-6:30pm REFIT Studio A <i>Kim H.</i>	5:30-6:30pm Dance & Tone Studio B <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>	7:00-7:45pm Cardio X Outside <i>Jeremy</i>	5:45-6:30pm Strength Studio C <i>Debbie</i>			
	6:45-7:30pm Group Cycling Studio C <i>Kim E.</i>		6:00-7:00pm Power Yoga Studio A <i>Martie</i>			
	6:45-7:45pm Power Yoga Studio A <i>Tyler</i>		6:45-7:30pm Group Cycling Studio C <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
Balance & Mobility	45 min	Body weight movements to increase strength, flexibility, reflexes and aid with fall prevention.
Boot Camp	1 hr (am) 45 min (pm)	Cardio and strength drills stations and short distance running to challenge participants.
LesMILLS BodyPump®	45 min	The original barbell class, the ideal workout for anyone looking to get lean, toned and fit. All fitness levels welcome.
Barre Toning	45 min	A low impact full body sculpting class focusing on muscle endurance
Chair Yoga	45 min	For all ability levels. Yoga in the chair. Bring your own mat. Enhances mind and body awareness.
Cycling	45 min	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.
Exercise for Parkinson's & Multiple Sclerosis	1 hr	Safe and appropriate physical activities and exercises for individuals with Parkinson's disease and multiple sclerosis.
Fit Challenge	1 hr	Outdoor running with hill repeats and speed intervals (4-6 miles). Stops to regroup. Train for 4th of July Race, your next half marathon or to maintain fitness.
Forever Fit (Low impact)	45 min	Low impact cardiovascular workout with muscle conditioning using a variety of props
High Intensity Interval Training (HIIT)	45 min	Switch it up with timed segments of cardio, strength and core.
Mix it up	45 min	Rotates Instructors and is Instructor's choice of class format. The format can vary in intensity.
Pilates Plus	45 min	Mat-based class focusing on strength, stability, posture, proper breath control, and flexibility
POUND FIT	30 min	Using RipStix-weighted drumsticks engineered for exercise-combining drumming into an effective full-body workout.
Rise & Shine Yoga	1 hr	Moderate level yoga class to awaken your body and spirit. Bring your own mat.
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.
TABATA	45 min	Type of interval training - 8 rounds of 20 seconds of work with 10 seconds of rest. Held in Functional Training Room.
Total Body Toning/Intervals	45 min-Mon 60 min-Weds	Muscle conditioning (Wednesday cardio intervals included) for all major muscle groups, incorporating various props with a core segment. Another low impact option!
Walking Intervals	1 hr	Meets at the McKinley St Entrance. A walking class with interval training mixed in.
Yoga	1 hr	For all ability levels. Bring your own mat. Enhances mind and body awareness. Well rounded strength and flexibility.
ZUMBA®	1 hr	Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.
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® STEP-30/30	1 hr	Combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party of ZUMBA®. Increases cardio and calorie burning, while you sculpt your core and legs.

CLASS INTENSITY KEY

HIGH INTENSITY

MODERATE INTENSITY

LOW INTENSITY