



GROUP EXERCISE SCHEDULE

LOUISVILLE AREA YMCA/330.875.1611

March 2024 starts 3/11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Morning Mix Jody	5:15am Strength Mark	5:15am Bootcamp Mark	5:15am Strength Mark	5:15am Bootcamp Mark	7:15am Morning Mix Jody
8:45am Les Mills ® Body Pump Melissa	8:30am Strength Melissa	8:00am Beginner Yoga Donald	8:45am Les Mills ® Body Pump Micki	8:15am Beginner Yoga Melissa	8:30am Yoga Laura/Mimi
9:45am Forever Fit Melissa	9:00am Forever Fit Melissa	9:00am Cycling Melissa	10:00am Yoga Melissa	9:15am Cardio X Sarah	
10:30am Zumba Gold® Debbie	10:00am Chair Yoga Mycha	10:30am Zumba Gold® Debbie	10:55am Chair Yoga Mycha	1:00pm Exercise for Parkinson's & MS Barb/Angela <i>(Community Welcome)</i>	
	11:00am SilverSneakers® Classic Barb		11:30am SilverSneakers® Classic Barb		*Indicates class is located in the gymnasium.
PM CLASSES					
4:30pm Pound™ Rachel	5:00pm Cycle/Strength Maycie	5:00pm Resist-a-Ball Strength Jody	5:00pm Cardio X Donald		
5:10pm HIIT Melissa/Rachel	6:00pm Les Mills Core™ Kristen	6:00pm Zumba® Daria	6:00pm Les Mills Body Pump™ Kristen		
6:15pm Zumba® Daria		6:15pm* Hip Hop Step Amanda			
6:15pm* Hip Hop Step Amanda					
7:15pm Zen Strength Yoga Sarah					

Thank you to our
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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.
Cardio X	Full body workout incorporating various formats of cardio & strength. Modifications will be shown.
Cycle/Strength	A cycling ride followed by an upper body and core strength workout.
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.
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.
Exercise for Parkinsons/MS	Safe and appropriate physical activities and exercises for individuals with Parkinson's disease and Multiple Sclerosis.
Forever Fit	Low to medium impact cardiovascular workout with muscle conditioning using a variety of props. This workout appeals to all ages and fitness levels. Modifications will be shown.
High Intensity Interval Training	Switch it up with timed segments of cardio, strength and core.
Hip Hop Step	A revamp of traditional step aerobics. Routines vary in fast and slow pace moves and are set to old and new school hip hop music. It makes you want to get up and move while getting a great calorie burn!
Morning Mix	1 minute intervals of cardio mixed up on cycling bikes, around the track or outside. Mix of cardio and light strength..
Pound™	Using RipStix—weighted drumsticks engineered for exercise combining drumming into an effective full-body workout. Fuses cardio, Pilates, and isometric movements into fun & energized series.
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.
Walking Class	We will meet in the lobby of the YMCA and then weather permitting, will head over to the Park for some fresh air, enjoy good conversation and burn some calories.
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.
CLASS INTENSITY KEY	<div style="display: flex; justify-content: space-around;"> <div style="background-color: #4a86e8; color: white; padding: 5px;">HIGH INTENSITY</div> <div style="background-color: #00b09b; color: white; padding: 5px;">MODERATE INTENSITY</div> <div style="background-color: #e91e63; color: white; padding: 5px;">LOW INTENSITY</div> </div>