Don Sjogren Community YMCA
GROUP EXERCISE SCHEDULE

November 1st - December 23rd

Morning

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30	Cycling Ben (60)	Fit & Flex Bonnie (60)	Cycling Ben (60)	Fit & Flex Bonnie (60)	Cycling Ben (60)
8:00		Water Wake Up Connie (60)		Water Wake Up Connie (60)	
8:15	Dance Fusion Laurel (45)	Strength 45 Tifani (45)	Instructor's Choice Laurel (45)	Strength & Stretch Holly (45)	Dance Fusion Laurel (45)
9:00	RIP Laurel (45)	Restore 30 Tifani (30)	RIP Laurel (45)		RIP Laurel (45)
9:50	Barre Laurel (30)		PiYo Laurel (30)		
10:45			FUN-ctional Fitness Tifani (30)		

<u>Childwatch Hours</u>
Mon - Fri 8:30 - 11:30 am
Mon - Thur 5:00 - 8:00 pm

<u>No Classes</u>
November 26th & 27th - Thanksgiving
December 24th - January 3rd - Christmas

Evening

	Monday	Tuesday	Wednesday	Thursday
3:30				Boxing & Balance Cassie (45)
5:15		Dance Fusion Tifani (45)		Strength 45 Tifani (45)
5:30	Aqua Blast Stephanie (45)	Aqua Blast Sandra (45)	Aqua Blast Teresa (45)	Aqua Blast Karla (45)
6:30	Yoga Annette (60)	Gentle Yoga Annette (60)	Power Cycle Stefanie (45)	
7:15			Pilates Stefanie (45)	

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for ALL.

DON SJORGREN COMMUNITY YMCA

Group Exercise Class Descriptions

- **CYCLING (60 MINUTES)** - Instructors will lead you through a series of climbing hills and sprinting flats in a cardio workout incorporating mind, body and spirit. Class will be followed by strength work for abs, arms, or legs depending on the day of the week
- **DANCE FUSION (45 MINUTES)** - Join us for the hottest, calorie burining workout around! Dance Fusion is exercise in disguise. You will be having so much fun dancing, shaking and moving you'll forget you're working out. Dance ability not needed, just the ability to have fun while you workout.
- **POWER CYCLE (45 MINUTES)** - This cycle and strength training class combines the benefits of indoor cycling with strength training, offering a full-body workout that improves cardio, strength, and endurance. These classes typically include a cycling segment followed by strength training, utilizing equipment like dumbbells and bands.

- **FUN-ctional FITNESS (30 MINUTES)** - Improve stability, balance, coordination, strength and boost your cofidence through fun, functinal movement! Move better, feel stronger, and have FUN doing it!!
- **STRENGTH & STRETCH (45 MINUTES)** - Full-body strengthening workout using weights. Stay for a relaxing stretch to finish the class.
- **BOXING & BALANCE (45 MINUTES)** - This low impact class is designed to work on balance and coordination by using boxing techniques, focus exercises and hand-eye coordination drills. Excellent class for anyone wanting to improve balance.
- **INSTRUCTOR'S CHOICE (45 MINUTES)** - This class will surprise you. Let Laurel pick your workout for the day from a variety of options. Cardio to strength to fitness games, this low impact class has it all.

- **FIT & FLEX (60 MINUTES)** - Strength training workout emphasizing toning and muscle definition with a variety of weight lifting formats: targets every major muscle group.
- **RIP (45)** - A barbell class designed by top fitness professionals from the Group RX program. Traditional exercises are matched to energizing music to create a simple, fun and powerful way to strength train. This class will hit all the major muscle groups.
- **STRENGTH 45 (45 MINUTES)** - Build lean muscle, improve mobility and support bone health in this full-body strength training class. Includes standing and floor work. All levels welcome.

- **WATER WAKE UP (60 MINUTES)** - This gentle low-impact water aerobics class will get you going in the morning, focusing on improving cardiovascular strength and flexility while easing impact on the joints.
- **AQUA BLAST (45 MINUTES)** - Get moving with cardio water aerobics using water dumbbells, noodles, balls, resitance bands & more. A high intensity workout with less stress to the joints than land based exercise.

- **BARRE (30 MINUTES)** - Blends cardio, strength training, flexibility, balance and core conditioning in a total body workout that targets the hips, glutes, and arms
- **PIYO (30 MINUTES)** - Low-impact, high intensity workout combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga. With cranked up speed and fluid transition, you will get your strength, sweat and stretch on in each workout.
- **PILATES (45 MINUTES)** - A mind-body exercise that focuses on strengthening the core, improving posture, and increasing flexibility through controlled fluid movements.
- **YOGA / GENTLE YOGA (60 MINUTES)** - Improve your ability to relax and deal with stress in this class, open to all levels and abilities. It focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness. You will learn techniques to help you gain flexibility.
- **RESTORE 30 (30 MINUTES)** - Relieve muscle tension, improve flexibility and prevent injeries in the feel-good restorative stretch class. Includes standing and floor work. All levels welcome.