



WINTER GROUP FITNESS SCHEDULE

AUGUSTA & MANCHESTER (in blue text)

*effective February 20, 2020

TIME	MON	TUES	WED	THURS	FRI	SAT	
5AM	Intro to Cycle 5:15-5:30am—Pete Cycle30 5:30-6am—Pete	Cardio Circuit 5:15-6:15am Holly	Interval Cycle 5:10-5:55am—Holly Total Body Strength Express 6:00-6:15am—Holly	Cardio Circuit 5:15-6:15am- Janice Interval Cycle 5:15-6am- Meg	Interval Cycle 5:15-6:15am Janice		
6AM		Total Body Strength 6-6:45am—Shayna Core 6:45-7am—Shayna	All Level Yoga 6:30-7:15am Debbie	Total Body Strength 6-6:45am—Debbie Core 6:45-7am—Debbie			
8AM	Total Body Plus 8-9am Kim	Pilates 8-8:45am Izzy	Interval Cycle 8-9am Kim		Total Body Strength 8-9am Brandon	Tonga 7:45-8:45am Jo Ann Barbell Strong 8:00-8:55am Marcela	
9AM	Fit For All Plus 9-10am Kim	Step & Strength 9-9:50am Julie	Fit For All Plus 9-10am Julie	Step & Strength 9:00-9:50am Julie	Fit For All Plus 9-10am- Pete SilverSneakers® Yoga Stretch 9:45-10:30am Kim	Maxout 9:00-9:55am Gregg Endurance Ride 8-9:30am Shayna	
10AM	SilverSneakers® 10:30-11:15am Kim SilverSneakers® 10:30-11:15am Marie	SilverSneakers® 10:30-11:15am Marie SilverSneakers® 10:30-11:15am Kim	SilverSneakers® Circuit 10:30-11:15am Kim G	SilverSneakers® Circuit 10:30-11:15am Kim	SilverSneakers® 10:30-11:15am Debbie AOA Balance & Core 10:45-11:30am Kim		
11AM	AOA Dance & Tone 11:30am-12:15pm Kim				Core 11:30am-12pm— Debbie		
12PM	Endurance Ride 12-1pm Colin Total Body Strength 12:15-12:45pm Brandon Core 12:45-1:00-Brandon Brandon	Interval Cycle 12-1pm Kim Tabata 12:15-12:45-Janice Core 12:45-1:00 Janice	SilverSneakers® Yoga Stretch 12:30-1:15pm Izzy Interval Cycle 12-12:45pm Erika	Total Body Strength 12:15-12:45pm Kim Core 12:45-1:00-Kim Cycle30 12-12:30pm- Pete Cycle30 12:30-1pm- Pete	Vinyasa Flow 12-12:45pm Nicole Intro to Cycle 11:45am-12pm Colin Endurance Ride 12-1pm—Colin		
5PM	Total Body Plus 5:30-6:30pm -Ashley Yoga 5:30-6:30pm Izzy Zumba 5:30-6:30pm- (GYM)	Yoga 5:00-5:55pm Jacqui Total Body Strength 5:30-6:00pm -Jamye Tabata 6:00-6:30pm -Jamye	Tone Zone 5-5:30pm—Val Fit for All Plus 5:30-6:30pm- Tamara Step, Stretch & Tone 5:30-6:30pm-Val	Yoga 5:30-6:30pm Pam	<div style="border: 1px solid black; padding: 5px;"> For feedback or questions, please contact Johanna, Health & Wellness Director at Johanna@kvymca.org or 622-9622, ext. 122. </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> For the most accurate class schedule, including class cancellations please visit our Facebook page or website at www.kvymca.org </div>		
6PM		Endurance Ride 6-7pm-Shayna Maxout 6:00-6:45pm-Gregg		Endurance Ride 6-7pm Shayna			

MIND-BODY

PILATES –Energizing yet challenging Pilates mat workout designed for all levels. Through controlled exercises strengthen your whole body, improve balance and flexibility while targeting the core.

TONGA – Strengthen and lengthen your body with a gentle blend of Tai Chi, Yoga, Pilates, dynamic stretching and strength exercises. For all fitness levels.

VINYASA FLOW –During this 45 class, you will explore the six movements of the spine for mobility, standing and seated postures for strength and flexibility, and yes, we will definitely leave time for integration and Savasana.

YOGA –An excellent addition to any fitness routine by exploring breathing techniques, balance, stability, and flexibility. All levels are welcome.

SILVERSNEAKERS® YOGA STRETCH– Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

AQUA YOGA – Links breathing, body movements, mental intention to create physical wellness. The buoyancy of the warm water pool welcomes all people, including those new to yoga or with physical restrictions, to reach greater body awareness, flexibility and balance. Reference the Aqua Fitness Schedule for days and times.

ACTIVE OLDER ADULTS (AOA)

AOA STRENGTH & FLEXIBILITY –The low-impact class for active older adults is designed to improve your flexibility and mobility as well as focusing on building overall muscle strength to help make your everyday life better.

AOA DANCE & TONE–Low-impact line dancing and exercises aimed at improving muscle strength, balance & flexibility for active older adults.

AOA BALANCE & CORE–Functional Fitness balance and core exercises for active older adults. Class is designed for balance and fall prevention.

SILVERSNEAKERS® – Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activity for daily living skills. Handheld weights, resistance bands, and a ball are offered for resistance and a chair is used for seated and/or standing support.

INDOOR CYCLING

ENDURANCE RIDE– This hour long ride is filled with sprints intervals, standing jogs, and hills for a low impact cardio workout.

INTERVAL CYCLE– Designed to get you riding to the beat of the music with sprint intervals, standing jogs, and hill climbs

INTRO TO CYCLE–This 15 minute class will give you a chance for your instructor to get your bike setup correctly, give you a quick run through of what to expect in class and give a chance to ask any questions you may have so you can rock your first ride! No pre-registration necessary, just show up!

CYCLE30– This express ride is only 30 minutes but will get you an incredible cardio workout with sprint intervals and little recovery time.

MUSCLE & CARDIO

BARBELL STRONG–This full body strength workout uses a mini barbell and dumbbells for a fun and effective workout, choreographed to music. This class is designed for all fitness levels and is 55 minutes.

CARDIO CIRCUIT– Steps, dumbbells, med balls, resistance bands and more are used in a station-style format to get your heart rate up and endorphins flowing.

FIT FOR ALL PLUS– High/Low-impact aerobics followed by exercises aimed at improving muscle strength & tone, balance and flexibility. For all fitness levels.

MAXOUT– Be prepared for simple but effective cardio and strength movements using bodyweight, sandbags, jump rope and more with minimal recovery time. We also will focus on basic exercises such as squats, lunges, jumping jacks, and fundamental martial arts movements. This class will challenge your mental and physical barriers, elevate your heart rate and boost your mood! This class is designed for intermediate to advanced fitness levels.

TABATA– :20 of high intensity work followed by :10 of rest for 4 minutes will get you an amazing cardio workout in just 30 minutes. Recommended for intermediate to advanced exercise levels.

TONE ZONE– This class hits all major muscle groups in only 30 minutes for an efficient and fun strength workout!

TOTAL BODY PLUS– This is a full body strength training workout with cardio, core, and flexibility for a well rounded and efficient total body workout.

TOTAL BODY STRENGTH– The class uses dumbbells, stability balls, and resistance bands for a full body strength training workout that works in one minute intervals for 3 rounds. This class is in both express (15 minute) formats, 30 minutes and 45 minute formats and has limited to no cardio component.

ZUMBA– Latin aerobic dance class uses fun, rhythmic moves that work your core. Includes Salsa, Hip Hop, Reggaeton, Samba, belly-dancing and more!