

Y GROUP EXERCISE™

Franklin County YMCA
New Yoga and Zumba Classes!

Check out our new

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early AM	8:00-8:50 Strong Seniors (Lucy)	8:30-9:00 Strength-n-Tone (Lucy)	8:00-8:50 Strong Seniors (Lucy)	8:30-9:00 Strength-n-Tone (Lucy)	8:00-8:50 Strong Seniors (Lucy)	
		9:30-10:30 Fitness Walking (Lucy)		9:30-10:30 Fitness Walking (Lucy)		
AM	9:00-9:45 Body Design (Mary Ruth)	9:05-10:00 Cardio Circuit (Alla)	9:00-9:45 Step II (Erica)		9:00-9:45 Body Design (Mary Ruth)	
	9:45-10:15 Toning (Mary Ruth)	9:30-10:45 Yoga (@EC) (Mittie)	9:45-10:30 Toning (Erica)		9:45-10:15 Toning (Mary Ruth)	9:30-10:30 Cardioblast (Mary Ruth)
	10:30-11:15 Spinning (EC) (Mary Ruth)	10:00-10:30 Abs (Alla)		10:00-10:30 Abs (Alla)	10:30-11:15 Spinning (EC) (Mary Ruth)	10:40- 11:20 Spinning (EC) (Mary Ruth)
Lunch		12:00-1:00 Yoga (Rita)		12:00-1:00 Yoga (Rita)		
PM		5:00-5:30 Rock Hard Abs (Jack)	5:00-5:30 Progressive ABS (Jon)	5:00-5:30 Rock Hard Abs (Jack)		
	5:35-6:30 Y-Pilates (Steve S.)	5:35-6:30 Step Kickboxing (Alla)	5:35-7:00 Power Yoga (Rita)	5:35-6:30 Step (Steve S.)		
	6:00-6:50 Spinning(@EC) (Mike)		6:00-6:50 Spinning(@EC) (Mike)	6:00-6:50 Spinning(@EC) (Mike)		
	6:35-7:30 Zumba (Jessica)	6:35-7:30 Hip Hop (Tony)				



strength Training

- 30-minute class

Class Descriptions

Abs concentration on the core muscles in the abdominal area.

Body Design strengthens and conditions the entire body using free weights, exercise tubing or other equipment.

Cardio Blast, Mixes step, kickboxing, dance moves, and a variety of other movements to keep your heart rate up and the calories burning!

Cardio Circuit alternates muscular strengthening exercises with cardiovascular activities.

Fitness Walking is an indoor or outdoor class for all levels; proper technique and form are taught.

Full Body, this workout is for those who do not have time to get in the gym and workout different body parts each day and would like to hit their entire body in one workout.

Hip Hop, a high energy cardiovascular class, incorporates hip hop dance steps set to the latest sounds in R&B and pop music. Come join Tony and have a blast!

Jump Training, This workout is for anyone who wants to be faster, jump higher, and be more fit overall. All that is needed is a towel and water. heart rate monitors are recommended and can be used.

Power Yoga challenges your Yoga practice with advanced techniques.

Progressive Abs focuses on

strengthening the core muscles which include the abdominals and lower back. Additional exercises that incorporate the upper and lower back may be included. Dramatic ab results.

Rock Hard Abs is a fun and challenging abdominal workout. Use of the stability ball makes this a great class for beginners.

Spinning guiding participants through workout phases. Warm-up, steady up tempo cadences, sprints, climbs, cool-downs, etc. Bring a towel and water bottle!

Step is an aerobic class that utilizes a step platform throughout the workout.

Step II skills learned in basic step are taken to a new level of cardio and moves. High impact class with great results.

Step Kickboxing If you're looking for a fantastic aerobic workout that can keep you motivated then step kickboxing is the exercise choice for you. By utilizing the moves from kickboxing, step kickboxing is an exciting adaptation of this highly intense sport that can allow you to achieve a fabulous aerobic workout.

Strength and Tone conditions the entire body using resistance exercises to develop muscular strength and endurance. Hand weights, balls and more may be used during the class.

Stronger Seniors is perfect for the active older adult and is primarily performed in a chair (although some standing exercises may be incorporated). Tubing and other equipment may be used to improve strength, flexibility and balance.

Toning Great toning class for all fitness levels. Increase your muscle strength and endurance. Reshape your body using weights, tubes, medicine ball and your own body resistance.

Yoga concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

Y-Pilates strengthens and lengthens core muscles. Breathing control and flexibility exercises are used to improve posture, body alignment and overall strength.

Zumba The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!