



GROUP EXERCISE

Franklin County YMCA

Effective 1/11/11

Check out our new schedule!

We build strong kids, strong families, strong communities.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Early AM	6:00-6:45am Cycle Light (Christina) @EC				6:00-6:45am Cycle Light (Christina) @EC	
	6:30-7:00 Cross Training (Hope T) @RC Gym	6:30-7:00 Cross Training (Hope T) @RC Gym	6:30-7:00 Cross Training (Hope T) @RC Gym	6:30-7:00 Cross Training (Hope T) @RC Gym	6:30-7:00 Cross Training (Hope T) @RC Gym	
	8:00-8:50 Strong Seniors (Lucy)	8:30-9:30 Strength-n-Tone (Lucy)	8:00-8:50 Strong Seniors (Lucy)	8:30-9:30 Strength-n-Tone (Lucy)	8:00-8:50 Strong Seniors (Lucy)	
AM	8:30-9:00 Cross Training (Hope T) @RC Gym	8:30-9:00 Cross Training (Hope T) @RC Gym	8:30-9:00 Cross Training (Hope T) @RC Gym	8:30-9:00 Cross Training (Hope T) @RC Gym	8:30-9:00 Cross Training (Hope T) @RC Gym	
					9:00-10:00 Zumba GOLD @EC	9:00-9:30 Advanced Cross Training @RC Gym (Rob T)
	9:00-9:45 Body Design (Mary Ruth)	9:05-10:00 Zumba (Dee)	9:00-9:50 Step (Carrie)	9:05-10:00 Step (Barbara)	9:00-9:45 Body Design (Mary Ruth)	
	9:45-10:15 Toning (Mary Ruth)	9:30-10:45 Yoga @EC (Mittie)	10:00-10:55 Zumba (Dee)		9:45-10:15 Toning (Mary Ruth)	9:30-10:30 Cardioblast (Mary Ruth)
	10:30-11:15 Cycle @EC (Mary Ruth)				10:30-11:15 Cyce @EC (Mary Ruth)	10:40- 11:20 Cycle @EC (Mary Ruth)
	12:00-1:00 Yoga Sculpt @RC (Mittie)				12:00-1:00 Yoga Sculpt @RC (Mittie)	
PM	5:00-6:00 Active Adults Aerobics (Lucy)	5:00-5:30 Rock Hard Abs (Jack)	5:00-5:30 30 Minute Zumba (Dee)	5:00-5:30 Rock Hard Abs (Jack)		
	5:30-6:00 Cross Training @RC Gym	5:30-6:00 Cross Training @RC Gym	5:30-6:00 Cross Training @RC Gym	5:30-6:00 Cross Training @RC Gym		
	5:30-6:00 Cycle Light (Penny)	5:35-6:30 Step (Carrie)	5:30-6:00 Cycle Light (Penny)	5:35-6:30 Step (Steve S.)		
		5:30-6:30 Zumba @EC Gym (Sarah)		5:30-6:30 Zumba @EC Gym (Sarah)		
	5:35-6:30 Y-Pilates (Steve)	6:00-6:30 Beginner Meltdown 6:30-7:30 Advanced Meltdown (Ryan)	5:35-7:00 Yoga (Tammy)	6:00-6:30 Beginner Meltdown 6:30-7:30 Advanced Meltdown (Ryan)		
	6:00-6:50 Cycle(@EC) (Penny)		6:00-6:50 Cycle(@EC) (Penny)	6:00-6:50 Cycle(@EC) (Penny)		
	6:30-7:00 Cross Training @RC Gym	6:30-7:00 Cross Training @RC Gym	6:30-7:00 Cross Training @RC Gym	6:30-7:00 Cross Training @RC Gym		
	6:35-7:30 Zumba (Dee)	6:35-7:30 Hip Hop (Tony)				

Members enjoy classes at no extra charge. Non Member Punch Cards \$60 for 10 Classes

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.

Circuit Training is interval training that focuses on functional strength using multi-joint exercises for a high intensity half hour.

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.

Functional Fitness is a low impact cardiovascular workout that uses movements where one foot always remains on the floor, putting minimal stress on the joints. Class may include some muscle conditioning exercises. (Fall class)

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!

Total Body Toning strengthens and conditions the entire body using free weights, exercise tubing, stability balls or other equipment. Great for all levels of fitness.

Power Yoga challenges your Yoga practice with advanced techniques.

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.

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-Boot Camp challenges the body with a variety of cardio and strength training techniques through Calisthenics-type exercises.

Y-Fusion, fuses Yoga and Martial Arts, blending the core work of Martial Arts with the strength of Yoga and weights.

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

The Meltdown This very challenging class provides a perfect mixture of upper body, core and cardio exercises using little to no resistance Build stamina, and strength while building confidence. This class will be available in a 30 minute beginners class and a more advanced hour long class. Water and a towel are recommended.