



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## McPherson Family YMCA Land Fitness Schedule 12/1/21-12/23/21

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sat/Sun</b>
5:45-6:30 am Y-Spin Ronn Peters <a href="#">Spin Room</a>	5:45-6:30 am Y-Pump Linda Spencer <a href="#">Aerobics Room</a>	5:45-6:30 am Y-Spin Ronn Peters <a href="#">Spin Room</a>	5:30-6:30 am Bodypump Melody Elder <a href="#">Aerobics Room</a>	5:45-6:30 am Y-Spin Ronn Peters <a href="#">Spin Room</a>	7:00-7:45 am Y-Spin (SAT) Ronn Peters <a href="#">Spin Room</a>
5:45-6:30 am Sunrise Yoga Leanna Prather <a href="#">Program Room</a>	8:00-8:45 am Intervals, Circuits & Strength Emily Kynaston <a href="#">Aerobics Room</a>	5:45-6:30 am Sunrise Yoga Leanna Prather <a href="#">Program Room</a>	8:00-8:45 am Intervals, Circuits & Strength Emily Kynaston <a href="#">Aerobics Room</a>	8:05-9:00 am Powerstep Melody Elder <a href="#">Aerobics Room</a>	9:00-10:00 am Bodypump (SAT) Hannah Litwiller <a href="#">Aerobics Room</a>
7:45-8:45 am Powerstep Kim Unruh <a href="#">Aerobics Room</a>	8:15-9:00 am Pilates Somer Van Pelt <a href="#">Program Room</a>	7:45-8:45 am Powerstep Kim Unruh <a href="#">Aerobics Room</a>	8:15-9:00 am Pilates Leanna Prather <a href="#">Program Room</a>	9:15-9:45 am Yoga Stretch Leanna Prather <a href="#">Program Room</a>	
9:15-9:45 am Yoga Stretch Leanna Prather <a href="#">Program Room</a>	8:45-9:15 am Yoga Stretch Emily Kynaston <a href="#">Aerobics Room</a>	8:00-8:45 am Pedal & Pump Emily Kynaston <a href="#">Spin Room</a>	8:45-9:15 am Yoga Stretch Emily Kynaston <a href="#">Aerobics Room</a>	10:20-11:20 am Enhance Fitness Leanna Prather <a href="#">Aerobics Room</a>	1:15-2:15 pm Boot Camp (SUN) Somer Vanpelt/ Stan Smith <a href="#">Aerobics Room</a>
8:00-8:45 am Y-Spin Robin Werth <a href="#">Spin Room</a>	12:10-1:00 pm Cardio Dance Kayla Sides <a href="#">Aerobics Room</a>	9:15-9:45 am Yoga Stretch Leanna Prather <a href="#">Program Room</a>	12:10-12:55 pm Bodypump-45 Hannah Litwiller <a href="#">Aerobics Room</a>	12:10-12:40 pm Boot Camp Stan Smith <a href="#">Aerobics Room</a>	1:30-2:30 pm Balance and Flex Together (SUN) Leanna Prather <a href="#">Program Room</a>
10:20-11:20 am Enhance Fitness Somer Van Pelt <a href="#">Aerobics Room</a>	4:00-5:00 pm Bodypump Chelsea Aichele <a href="#">Aerobics Room</a>	10:20-11:20 am Enhance Fitness Somer Van Pelt <a href="#">Aerobics Room</a>	4:00-5:00 pm Body Pump Chelsea Aichele <a href="#">Aerobics Room</a>	12:10-1:00 pm Pilates Leanna Prather <a href="#">Program Room</a>	2:30-3:30 pm Bodypump (SUN) Melody Elder <a href="#">Aerobics Room</a>
12:10-1:10 pm Bodypump Melody Elder <a href="#">Aerobics Room</a>	5:30-6:30 pm Boot Camp Stan Smith <a href="#">Aerobics Room</a>	12:10-12:40 pm Express Burn Courtney Rierson <a href="#">Aerobics Room</a>	5:30-6:30 pm Boot Camp Stan Smith <a href="#">Aerobics Room</a>		
12:10-12:50 pm Mid Day Yoga Linda Shandy <a href="#">Program Room</a>	6:45-7:35 pm Jumpstart Your Metabolism Somer Vanpelt <a href="#">Aerobics Room</a>	4:20-5:20 pm Pump It Up Linda Spencer <a href="#">Aerobics Room</a>	6:45-7:35 pm Jumpstart Your Metabolism Somer Vanpelt <a href="#">Aerobics Room</a>		
4:20-5:20 pm Pump It Up Somer Vanpelt <a href="#">Aerobics Room</a>		5:30-6:30 pm Bodypump Tricia Roots <a href="#">Aerobics Room</a>			
5:30-6:30 pm Bodypump Hannah Litwiller <a href="#">Aerobics Room</a>		5:30-6:15 pm Rhythm Ride Somer VanPelt <a href="#">Spin Room</a>			
6:45-7:45 pm Balance & Flex Leanna Prather <a href="#">Program Room</a>		6:30-7:30 pm Power Yoga Kate Mannenbach <a href="#">Program Room</a>			
		6:45-7:35 pm Cardio Dance Kayla Sides <a href="#">Aerobics Room</a>			

**HEALTHSEEKER: If you're just getting started, or trying to get back on track, these classes are for you. Instructors will provide you with personalized help.**

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**ENHANCE@FITNESS** - Is an innovative, multi-component (cardio, strength, flexibility, and balance) physical activity program with demonstrated health benefits for older adults of different physical abilities

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**MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both!**

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**BALANCE AND FLEX TOGETHER** - Balance & Flex Together is an athletic mind-body program that includes fundamentals from yoga and Pilates set to emotive music.

**BODYPUMP™** - Get lean muscles with this barbell, results-driven program from Les Mills. 800 repetitions done in each class! A total body workout that is sure to keep you coming back for more!

**CARDIO DANCE** - Dance away the extra calories with this fun cardio class! Similar to Zumba, just move your body to the beat!

**EXPRESS BURN** - Need a good workout but only have your noon hour to get it done? Get your workout done in a half hour over your lunch break! This class will use a variety of exercises for the whole body to keep you fit.

**JUMPSTART YOUR METABOLISM**—Metabolic training is a unique type of exercise class that utilizes multiple joint movements and full body exercises to create a "ripple effect" on the metabolism. This class has been designed for all levels. Each exercise will have a beginner, intermediate and advanced movement.

**MID-DAY YOGA** - 40 minute Hatha yoga session focused on relaxation and stress release. Practice poses that gently strengthen and stretch your muscles as well as open joints. Relieve work related stress and energize your day.

**PEDAL & PUMP**—A full-body and joint-friendly intervals class with alternating periods of low and high intensity cycling and weight or resistance band training.

**PILATES** - A series of exercises that are designed to strengthen the core and back and to improve flexibility.

**POWER STEP** - A step program designed by Power Music to push your cardio edge into high gear and attack the legs in every plane of motion, both on the step and on the floor. This is not your old-school step aerobics!

**PUMP IT UP!** - Want to change your body? Join this group weight training and light cardio session. Pump up your muscles and reshape your body using dumbbells, barbells, bands, and balls. Also, keep the extra fat away with some light cardio mixed in to make for a complete workout in just one class!

**RHYTHM RIDE**—This 45 minute spin class uses upbeat music to motivate participants through hills, sprints, and more. You will not only burn calories through cardio work, but also get some upper-body work with light weights.

**SUNRISE YOGA** - Early morning yoga/stretch class to get your day going. All level class including sun salutations and flow sequences. Some intermediate poses will be introduced.

**YOGA STRETCH** - 30 minute class to stretch and lengthen major muscle groups and open hips, shoulders, back, etc.

**Y-PUMP** - Want to change your body? Join this group weight training session. Pump up your muscles and reshape your body using dumbbells, barbells, bands, and balls. Offers a great variety to shake up your strength training.

**Y-SPIN** - Group biking classes take place downstairs. Biking on stationary bicycles, intensity is changed through resistance, speed, and body position on the bike. Cycling is a great low-impact workout for all.

**Y360**—A great way to stream free classes! Designated times on the schedule include yoga, cardio dance, and muscle pump. However, members are able to use Y360 anytime on the TVs located in the 3 group fitness rooms as long as a scheduled class is not in progress.

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**FITNESS ENTHUSIAST: For those looking for an additional challenge in their exercise routine. Classes move at a fast, intense pace!**

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**BOOT CAMP** - Are you ready for a new training routine? Then try our Boot Camp! A YMCA instructor will lead you through a challenging cardio and abs workout. Each day expect something different.

**INTERVALS, CIRCUITS & STRENGTH** - This is a high intensity interval training class that uses both traditional callisthenic and body weight exercises. It will improve aerobic and anaerobic capacity and improve glucose metabolism and fat burning.