



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

McPherson Family YMCA Land Fitness Schedule 7/1/22-7/31/22

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
5:45-6:30 am Y-Spin Ronn Peters Spin Room	5:30-6:30 am Group Ride Melody Elder Spin Room	5:45-6:30 am Y-Spin Ronn Peters Spin Room	5:30-6:30 am Body Pump Melody Elder Aerobics Room	5:45-6:30 am Y-Spin Ronn Peters Spin Room	LOOK FOR SPECIAL CLASSES ON JULY 9!!!
5:45-6:30 am Sunrise Yoga Kayla Sides Program Room	5:45-6:30 am Y-Pump Linda Spencer Aerobics Room	5:45-6:30 am Sunrise Yoga Leanna Prather Program Room	8:00-8:45 am Intervals, Circuits & Strength Emily Kynaston Aerobics Room	5:45-6:30 am Sunrise Yoga Kayla Sides Program Room	
8:00-9:00 am PowerStep Kim Unruh Aerobics Room	8:00-8:45 am Intervals, Circuits & Strength Emily Kynaston Aerobics Room	8:00-9:00 am PowerStep Kim Unruh Aerobics Room	8:15-9:00 am Pilates Leanna Prather Program Room	8:05-9:00 am Group Ride Melody Elder Spin Room	
8:00-8:45 am Y-Spin Robin Werth Spin Room	8:15-9:00 am Pilates Somer Van Pelt Program Room	8:00-8:45 am Pedal & Pump Emily Kynaston Spin Room	8:45-9:15 am Yoga Stretch Emily Kynaston Aerobics Room	9:15-9:45 am Yoga Stretch Angie McDonald Program Room	
9:15-9:45 am Yoga Stretch Leanna Prather Program Room	8:45-9:15 am Yoga Stretch Emily Kynaston Aerobics Room	9:15-9:45 am Yoga Stretch Leanna Prather Program Room	12:10-12:55 pm Body Pump-45 Hannah Litwiller Aerobics Room	10:20-11:20 am Enhance Fitness Tyler Glidden Aerobics Room	
10:20-11:20 am Enhance Fitness Somer Van Pelt Aerobics Room	12:30-1:15 pm Cardio Dance Kayla Sides Aerobics Room	10:20-11:20 am Enhance Fitness Somer Van Pelt Aerobics Room	4:10-5:10 pm Body Pump Chelsea Aichele Aerobics Room	12:10-11:20 am Enhance Fitness Tyler Glidden Aerobics Room	
12:10-12:50 pm Mid-Day Yoga Angie McDonald Program Room	4:10-5:10 pm Body Pump Chelsea Aichele Aerobics Room	12:10-12:50 pm Mid-Day Yoga Angie McDonald Program Room	5:30-6:30 pm Boot Camp Stan Smith Aerobics Room	1:15-2:15 pm Boot Camp (SUN) Somer Vanpelt/ Stan Smith Aerobics Room	
12:10-1:10 pm Body Pump Melody Elder Aerobics Room	5:30-6:30 pm Boot Camp Stan Smith Aerobics Room	12:10-12:40 pm Express Burn Courtney Rierson Aerobics Room	6:45-7:35 pm Jumpstart Your Metabolism Somer Vanpelt Aerobics Room	1:30-2:30 am Yoga (SUN) Angie McDonald Program Room	
4:20-5:20 pm Pump It Up Somer Vanpelt Aerobics Room	6:45-7:35 pm Jumpstart Your Metabolism Somer Vanpelt Aerobics Room	12:10-1:05 pm Group Ride Melody Elder Spin Room		2:30-3:30 pm Body Pump (SUN) Melody Elder Aerobics Room	
5:30-6:30 pm Body Pump Hannah Litwiller Aerobics Room		4:20-5:20 pm Pump It Up Linda Spencer Aerobics Room			
6:45-7:45 pm Group Centergy Leanna Prather Program Room		5:30-6:30 pm Body Pump Tricia Roots Aerobics Room			
		6:30-7:30 pm Yoga Kate Mannenbach Program Room			
		6:45-7:35 pm Cardio Dance Kayla Sides			

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.

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

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!

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.

GROUP CENTERGY - Balance & Flex Together has a new name. This class is an invigorating 60-min. mind-body workout that incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement.

GROUP RIDE—Group Ride is a 60-minute cycling experience brought indoors that will get your heart, lungs, and legs strong. Inspiring music sets the pace and creates the terrain as you roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish!

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 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, 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! - Join this group weight training and light cardio session to 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!

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.

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

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.