



**FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## McPherson Family YMCA Land Fitness Schedule 9/6/22-9/30/22

<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 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	9:00-10:00 am Body Pump (SAT) Hannah Litwiller Aerobics Room
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 Kayla Sides 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	10:00-10:45 pm Complete Fitness (SAT) Larry Hall Functional Fitness 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 Melody/Leanna 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 Sommer 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		
10:20-11:20 am Enhance Fitness Sommer Van Pelt Aerobics Room	8:45-9:15 am Yoga Stretch Emily Kynaston Aerobics Room	10:20-11:20 am Enhance Fitness Sommer Van Pelt Aerobics Room	12:10-12:55 pm Body Pump-45 Hannah Litwiller Aerobics Room	10:20-11:20 am Enhance Fitness Shambrey Budd Aerobics Room	1:15-2:15 pm Boot Camp (SUN) Sommer Vanpelt/ Stan Smith Aerobics Room
12:10-1:10 pm Body Pump Melody Elder Aerobics Room	4:00-5:00 pm Body Pump Chelsea Aichele Aerobics Room	4:20-5:20 pm Pump It Up Linda Spencer Aerobics Room	4:00-5:00 pm Body Pump Chelsea Aichele Aerobics Room	12:10-12:55 pm Complete Fitness Larry Hall Functional Fitness Room	2:30-3:30 pm Yoga (SUN) Angie McDonald Program Room
4:00-5:00 am Group Ride Melody Elder Spin Room	5:30-6:30 pm Boot Camp Stan Smith Aerobics Room	4:30-5:15 pm Complete Fitness Larry Hall Functional Fitness Room	5:30-6:30 pm Boot Camp Stan Smith Aerobics Room		2:30-3:30 pm Body Pump (SUN) Melody Elder Aerobics Room
4:20-5:20 pm Pump It Up Sommer Vanpelt Aerobics Room	6:45-7:35 pm Jumpstart Your Metabolism Sommer Vanpelt Aerobics Room	5:30-6:30 pm Body Pump Tricia Roots Aerobics Room	6:45-7:35 pm Jumpstart Your Metabolism Sommer Vanpelt Aerobics Room		
5:30-6:30 pm Body Pump Hannah Litwiller Aerobics Room	7:30-8:15 pm Restorative Yoga Angie McDonald Program Room	6:30-7:30 pm Yoga Kate Mannenbach Program Room	7:30-8:15 pm Restorative Yoga Angie McDonald Program Room		
		6:45-7:35 pm Cardio Dance Kayla Sides Aerobics Room			

**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 cardio conditioning, but many contain both!**

**BODYPUMP™** - Get lean muscles with this barbell, results-driven program from Les Mills. This class utilizes high repetitions to tone and shape your body, one muscle-group at a time. Let the music motivate you through this 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! If you love dance, this class is for you!

**COMPLETE FITNESS**—A full-body workout that focuses on strength, core, and stability. This class will meet in the functional fitness room but utilize other locations too.

**EXPRESS BURN** - Need a good workout but only have a short time over the noon hour to get it done? This class will use a variety of exercises for the whole body to keep you fit.

**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.

**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 low-impact exercises that are designed to strengthen the core and back and to improve flexibility. All levels of physical fitness can take this class and FEEL the benefits.

**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. You will keep the extra fat away with some light cardio mixed in to make for a complete workout in just one class!

**RESTORATIVE YOGA**—An all-level yoga class for stress release and relaxation. A great class for beginners that includes neck/shoulder, hip and low back openings. What a perfect way to end your day!

**SUNRISE YOGA** - Early morning yoga/stretch class to get your day going. An all-level class that includes 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** - 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** - Boot Camp is a great class if you want to consistently change up your workout routine! A YMCA instructor will lead you through a challenging cardio and weights 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. You don't have to be an experienced exerciser to take this class, but someone who enjoys