



GROUP EX SCHEDULE

McPherson Family YMCA

January 2024

MON	TUES	WED	THURS	FRI	SAT/SUN
5:45-6:30 am Y-Spin - SR Ronn	5:45-6:30 am RPM - SR Melody	5:45-6:30 am Y-Spin - SR Ronn	5:30-6:30 am Body Pump - AR Melody	5:45-6:30 am Y-Spin - SR Ronn	
5:45-6:30 am Barre - AR Courtney	5:45-6:30 am Pump It Up - AR Linda	6:00-6:30 am Yoga - PR Raquel		5:45-6:30 am Body Balance 45 - PR Melody	
8:00-8:45 am Aqua Exercise - FP Janis	8:00-8:45 am Aqua Exercise - FP Janis	8:00-8:45 am Aqua Exercise - FP Christy	8:00-8:45 am Aqua Exercise - FP Janis	8:00-8:45 am Aqua Exercise - FP Christy	7:03-7:48 am Y-Spin - SP Ron (SAT)
8:00-8:45 am Y-Spin - SR Robin	8:00-8:45 am Intervals, Circuits & Strength - AR Emily	8:00-8:45 am Pedal & Pump - SR Emily	8:00-8:45 am Intervals, Circuits & Strength - AR Emily	8:05-8:50 am Body Pump 45 - AR Melody	9:00-10:00 am Body Pump - AR Hannah (SAT)
8:00-9:00 am Power Step - AR Kim	8:15-9:00 am Pilates - PR Jo	8:00-9:00 am Power Step - AR Kim	8:15-9:00 am Pilates - PR Jo		
9:00-9:45 am Water Exercise - FP Jana	8:45-9:15 am Yoga Stretch - AR Emily	9:00-9:45 am Water Exercise - FP Jana	8:45-9:15 am Yoga Stretch - AR Emily	9:00-9:45 am Water Exercise - FP Jana	
9:15-9:45 am Yoga Stretch - PR Leanna		9:15-9:45 am Yoga Stretch - PR Leanna			
10:15-11:00 am Forever Fit- AR Sais		10:15-11:00 am Forever Fit - AR Jo		10:15-11:00 am Forever Fit - AR Sais	
12:10-1:10 pm Body Pump - AR Melody		12:10-12:55 pm Barre - AR Courtney	12:10-12:55 pm Body Pump 45- AR Hannah		1:15-2:15 pm Boot Camp - AR Stan (SUN)
	1:30-2:15 pm Cardio Dance - AR Amy	4:00-4:45 pm RPM - SR Melody		1:30-2:15 pm Cardio Dance - AR Amy	1:15-2:15 pm Body Balance - PR Melody (SUN)
4:00-4:45 pm RPM - SR Melody		4:00-4:45 pm Functional Fitness - FF Emily			
4:20-5:20 pm Pump It Up - AR Linda		4:20-5:20 pm Pump It Up - AR Linda			
5:00-5:45pm Chair Yoga - PR Angie	4:00-5:00 pm Body Pump - AR Chelsea	5:30-6:30 pm Body Pump - AR Tricia	4:00-5:00 pm Body Pump - AR Chelsea		
5:30-6:30 pm Body Pump - AR Hannah	5:30-6:30 pm Boot Camp - AR Stan	6:15-7:00 pm Aqua Exercise - LP Lori	5:30-6:30 pm Boot Camp - AR Stan		
6:00-6:45 pm Beginner+ Yoga - PR Angie	5:30-6:30 pm Body Balance - PR Melody	6:30-7:15 pm Yoga - PR Kate	6:00-6:45 pm Yoga - PR Raquel		
		6:45-7:30 pm Cardio Dance- AR Amy			

LEGEND

AR	Aerobics Room
SR	Spin Room
PR	Program Room
FF	Functional Fitness Room
LP	Lap Pool
FP	Family Pool



CLASS DESCRIPTIONS

BARRE – A unique approach to barre workouts, created by Barre Above, fusing Pilates, yoga, aerobics, and strength exercises that dancers do. It's a results-driven workout that's fun, but also sculpts your body into amazing shape.

BEGINNER+ YOGA – A class for those who are new to yoga which builds core strength and adds new yoga postures as the class progresses. The perfect class for those who want to get a smooth start to yoga and gives options for those wanting to advance their yoga practice.

BODY BALANCE (LES MILLS) – Build strength, improve flexibility and feel calm and serene with this yoga-based class that features elements of Pilates and Tai Chi. This class is ideal for everyone to improve your body, mind, and life.

BODY PUMP (LES MILLS) – Get lean muscles with this barbell, results-driven program. This class utilizes high repetitions to tone and shape your body, one muscle-group at a time. Offered in a 1 hour and a 45-min. format.

BOOT CAMP – A great class if you want to consistently change up your workout routine! The instructor will lead you through a challenging cardio and weights workout. Each day expect something different.

CARDIO DANCE – Dance away the extra calories with his fun cardio class. Similar to Zumba, just move your body to the beat!

CHAIR YOGA – A gentle form of yoga that's done while seated or using a chair for balance. It makes the practice more accessible by allowing people of all levels to easily do yoga postures.

FOREVER FIT – A multi-component (cardio, strength, flexibility, and balance) physical activity program with demonstrated health benefits for older adults of different physical abilities.

FUNCTIONAL FITNESS – Meeting in the functional fitness room down by the gym, this class helps you build strength, power, and mobility that translates beyond the gym; it's fitness that helps you in "real life." New workouts each class.

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 just someone who enjoys a challenging workout.

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, on the step and on the floor. 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.

RPM (LES MILLS) – A cycling workout that burns calories, builds cardio fitness, and strengthens leg muscles. It uses simulated climbs and sprints to improve fitness. A great low-impact way to get your blood pumping to amazing music as your spin as one.

YOGA – A practice that connects the body, breath, and mind using physical postures, breathing exercises, and meditation to improve overall health.

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

Y-SPIN – A cycling workout that will vary by instructor and class. Intensity is changed through resistance, speed, and body position on the bike. This is a great low-impact workout for all.

AQUA EXERCISE – A fun and refreshing way to get in shape. These classes tone and firm and work on cardiovascular fitness and flexibility in a medium that's easy on the joints. Swimming skills are not necessary to participate.

WATER EXERCISE – A water program designed for people with arthritis. Helps to relieve the strain on muscles and joints.