



GROUP EX SCHEDULE

McPherson Family YMCA

July 2024

MON	TUES	WED	THURS	FRI	SAT/SUN
5:45-6:30 am Y-Spin - SR Ronn	5:45-6:30 am Pump It Up - AR Linda S.	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	6:00-6:45 am Yoga 101 - PR Madi	6:00-6:30 am Power Yoga - PR Raquel	6:00-6:45 am Yoga 101 - PR Madi	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 Mitzi	8:00-8:45 am Aqua Exercise - FP Janis	8:00-8:45 am Aqua Exercise - FP Mitzi	
8:00-8:45 am Pedal & Plank - 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	8:15-9:00 am Body Pump 45 - AR Dawn	
8:00-8:45 am Cardio Dance - AR Kelcie	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		9:00-10:00 am Body Pump - AR Hannah (SAT)
	8:45-9:15 am Yoga Stretch - AR Emily		8:45-9:15 am Yoga Stretch - AR Emily		
9:00-9:45 am Water Exercise - FP Jana		9:00-9:45 am Water Exercise - FP Jana		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		9:15-9:45 am Yoga Stretch - PR Madi	
10:15-11:00 am Forever Fit - AR Sais	10:15-10:45am Chair Yoga - AR Angie	10:15-11:00 am Forever Fit - AR Sais	10:15-10:45am Chair Yoga - AR Angie	10:15-11:00 am Forever Fit - AR Sais	
12:10-1:10 pm Body Pump - AR Melody	12:10-1:00 pm Cardio Dance - AR Linda G.	12:10-12:55 pm Barre - AR Courtney	12:10-12:55 pm Body Pump 45- AR Hannah	12:10-1:00 pm Cardio Dance - AR Linda G.	1:15-2:15 pm Boot Camp - AR Stan (SUN)
			12:10-12:55 pm Advanced Pilates - PR Leanna		1:15-2:15 pm Body Balance - PR Melody (SUN)
	2:30-3:15 pm RPM - SR Melody	4:00-4:45 pm Beginner +Yoga - PR Angie	2:30-3:15 pm RPM - SR Melody		
4:30-5:15 pm Pump It Up - AR Somer		4:20-5:20 pm Pump It Up - AR Linda S.			
5:30-6:30 pm Body Pump - AR Hannah	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 Boot Camp - AR Stan	6:00-6:45 pm Aqua Exercise - LP Lori	5:30-6:30 pm Boot Camp - AR Stan		
	6:00-7:00 pm Body Balance - PR Melissa	6:30-7:15 pm Yoga - PR Kate			
6:45-7:30 pm Cardio Dance - AR Amy	6:45-7:35 pm HIIT - AR Somer	6:45-7:30pm Cardio Dance - AR Kayla			

LEGEND

- AR Aerobics Room
- SR Spin Room
- PR Program Room
- LP Lap Pool
- FP Family Pool



CLASS DESCRIPTIONS

ADVANCED PILATES – Think mat Pilates is easy?! Take a deeper exploration into Pilates with this intermediate to advanced Pilates class that will focus on more of a constant flow of movements and more challenging options to push your core to the max!

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/HIIT – 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 to intensify your fitness!

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

CHAIR YOGA – This gentle and supportive practice is designed to bring the benefits of yoga to everyone, regardless of age, ability, or mobility. Using chairs for support, we'll explore gentle movements, breathing exercises, and mindful stretches that promote flexibility, relaxation, and strength. Whether you are new to yoga or have been practicing for years, this class offers a safe and welcoming space where everyone can participate and experience the joy of yoga.

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

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 & PLANK – Get a great cycling workout with a bonus of 5-10 minutes of challenging core training to finish out the class.

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 mat 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!

POWER YOGA – A dynamic, face-paced style of yoga that combines flowing postures with rhythmic breathing. Incorporating elements from Vinyasa and Ashtanga, the class focuses on strength, stability, stretching, toning, improving flexibility and balance.

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.

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

YOGA 101 – This class will teach the basics of yoga but also provide extra for the more experienced practitioners. It will consist of learning the poses slowly and then transitioning to one breath one movement flows. It will include core work, balance, and breathing exercises.

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.