

GROUP FITNESS SCHEDULE																		WINTER 2018						www.itascayfitnessclasses.wordpress.com					
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY											
Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle												
5:30-6:15 Strength Jennie	5:40-6:30 YOGA Shirley/ Heather		5:45-6:30 HIIT Cindy/Tara	5:45-6:45 TRX Petra	5:45-6:25 Cycle Beth	5:45-6:30 STEP Beth		5:45-6:30 Cycle Candy	5:45-6:30 POUND@ Angela/Candy	5:45-6:45 TRX/KB Greg	5:45-6:30 Cycle Camp Cindy/Patty	5:40-6:30 Yoga Katie		5:30-6:15 Cycle Jennie															
					6:25-6:45 ROPES																								
6:35-7:15 Step & Stretch Heidi						6:40-7:15 Breakfast Club						6:35-7:15 Step & Stretch Heidi																	
8-8:55 Strength Joni	8:00-9:00 Yoga Rose		8:10-8:55 Kettlebells Beth J.			8:10-8:55 Core Strength Kris			8:10-8:55 Kettlebells Beth J.			8-8:55 BootCamp Amber			8:00-9 INSANITY@ Beth														
9-9:45 Step Kris		9-10:00 Cycle Joni	9-9:45 CardioKick Lisa M.	9:30-10:00 AOA TRX Beth Joki	9-10:00 Cycle Yoga Kris	9-9:45 Step Kris			9-10:00 HIIT Lisa M.	9-10:00 TRX Beth Joki	9-10:00 Cycle Yoga Kris	9:00-10:10 Yoga Kris	9:30-10:00 AOA TRX Beth Joki	9:00-10:00 Cycle/HIIT Strength Joni	9:10-10:10 Cardio Jam Rotation														
9:45-10:10 Yoga Sculpt			9:45-10:00 BARRE			9:45-10:10 Strength			9:45-10:00 CORE																				
10:15-11 Cardio Lift Sarah			10:15-11 Flex/Strength Beth Joki			10:15-11 Cardio Lift Kristin			10:15-11 Flex/Strength Beth Joki			10:15-11:00 Cardio Lift Kris/Angie			10:30-12:00 Yoga Nita														
11:15-12 SS Classic Katie			11:15-12 Chair Yoga Katie			11:15-12 SS Classic Beth			11:15-12:00 Tai Chi Kris			11:15-12:00 SS Circuit Beth																	
12:15-1:00 Strength Amber	12-1 SANE \$					12:15-1:00 HIIT Bri R.	12-1 SANE \$		12:15-1:00 Yoga Katie			12:15-1:00 Strength Amber																	
2-3:30 Line Dancing																													
Youth Class* 3:30-4:15 Basic Lifting- Amber						Youth Class* 3:30-4:15 Circuit-Amber																							
4:30-5:15 CardioKick Becky	4:30-5:15 TRX Beth M.		4:15-5:10 Circuit Jody			4:30-5:20 POUND@ Angela/Candy	4:30-5:15 Strength Joni		4:15-5:00 Step Beth M.			4:30-5:15 CardioKick Kisha																	
5:30-6:30 Barbell/Core Fushion Beth		5:15-6:00 Cycle Express Chris	5:15-6:25 Yoga Rotation					5:00-5:40 Cycle Express Jen/Renee	5:00-5:30 Kettlebell Express Beth	5:00-5:45 TRX Amber																			
				6:30-7:30 Beg 7:30-8:30 Advanced KARATE	5:30-7pm LS @ the YMCA	6:00-7:00 Circuit Petra		5:45-7:30 Tai Chi Mike	5:35-6:30 ZUMBA@ Amy	5:45-6:00 Foam Roller Amber	5:30-7pm LS @ the YMCA																		

\$ Fee Based Class and pre-registration required at the Membership Desk

TRX - First 10 people to class guaranteed a TRX strap. CYCLE - 8 Bikes are available on a first come first serve basis.

\* Youth Classes require a Code of Conduct to be signed by Adult & Youth prior to attending ages 8-13 years

S.A.N.E. \$ - 12 Week Wellness Journey, Age 18-55; Fee Based and must register at the Membership desk.

CLASS CHANGES/CANCELLATIONS POSTED ON THE BLOG & FACEBOOK/SIGN UP FOR MOBILE TEXT ALERTS To receive TEXT Updates dial: 81010 Text this message: @yitascafit

LS at the YMCA - LIVESTRONG® at the YMCA is a 12 week FREE cancer survivor program & preregistration is required.

Note: We reserve the right to change/cancel classes due to instructor availability or low class attendance.

**Barre** - is a unique total body conditioning workout combining the disciplines of Ballet, Pilates, Yoga and functional strength training set to upbeat music.

**Breakfast Club** - Early morning, low stress and lots of laughs. Start your day with a cardio workout, and then break for toast, juice and coffee!

**Cardio Jam** - A cardio class that could include Step or Cardiokick, Intervals or all of these in one great class. Guaranteed a fun workout with excellent cardio benefits!

**CardioKick** - A great cardio and strength workout in one. Combine floor exercises and traditional boxing and kickboxing moves.

**Cardio Lift** - This class that is for beginners to intermediate. Low impact cardio moves followed with strength so the entire body gets a workout. This class is 45 minutes in length.

**Circuit** - This class will rotate through stations that will challenge cardio and strength. This class is designed for the intermediate/advanced fitness levels.

**Core Strength** - This strength class will focus on the core of the body that consists of muscles between the shoulders & hips. Gaining a stronger foundation!

**Flex/Strength** - This class works on strength, balance and flexibility. Great for seniors, beginners and injury rehab members.

**H.I.I.T.**-High Intensity Interval Training that improves aerobic and anaerobic capacity, increases metabolic rate and reduction in training time. No dancing in this class just an awesome athletic style workout. Great class for everyone!



Are you ready for the ultimate challenge? All you need is the desire to dig deep and push past your limits. In **INSANITY®**, uses a method called Max Interval Training. It's not your typical interval workout. You'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of maximum-intensity exercises with short periods of rest so you can burn major calories.

**Kettlebells**- Kettlebell workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements.

This class may be more intense for the average person if you are new to Kettlebells please come early to class and talk to the instructor.



The **POUND®** workout fuses cardio interval training with drumming to provide a challenging, heart-pumping workout.

**SilverSneakers® CLASSIC**- A class offered to Active Older Adults geared toward increasing strength and range of motion in daily exercises. Hand held weights, stretch bands and balls are used in seated and standing exercises with a chair for support.

**SilverSneakers® CIRCUIT**- Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and a complete relaxation in a comfortable position.

**SilverSneakers® YOGA**- This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion. Breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Step** - Do you love advanced step choreography? If so, this is the class for YOU! Come join this nonstop step party and enjoy being challenged physically as well as mentally. Previous step experience is recommended.

**Strength** - Sculpt and define your total body using a variety of equipment for resistance training. Weight lifting and resistance training to develop strength, size and endurance.

**Tai Chi**-an ancient Chinese discipline of meditative movements practiced as a system of exercises

**TRX** - The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your body-weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. No sign up necessary 10 TRX straps available on a first come first serve basis.

**AOA TRX** - This TRX class is specific for Active Older Adults and primary focus is on flexibility, mobility and a little strength. No sign up necessary 10 TRX straps available on a first come first serve basis.

**Yoga** - A class that incorporates strength, flexibility and relaxing the mind. Participants will experience poses on the floor as well as standing. Everyone is welcome and previous yoga experience is not necessary.

**Yoga Sculpt** - combining yoga and light weights for an intense workout that will give you a full body workout.



**Zumba** - Fusion of Latin dance moves and cardio exercises to create a fun, easy to follow, spicy workout to great Latin music.

**Strong by Zumba** is a high intensity interval class — think burpees, pushups, and other high-impact moves — that's synced to specific music.

**Ropes** - give you an incredible full body workout. Using workout ropes improves strength and endurance by engaging your whole body including the muscles of the hands (grip), forearms, shoulders, back, legs (incorporating squats and lunges), abs, and core.

**Cycle** - Studio Cycle classes are fun, exhilarating indoor cycle journeys built on the foundational principles of outdoor cycling. Enjoy the many benefits of this amazing sport while having a blast in a lively atmosphere set to great, motivating music. This 60 minute class is multi-level and no outdoor cycling experience is required!

**Cycle Mix Up & Cycle/HIIT Strength** - This indoor cycle class is a little bit of cycle, little bit of strength and a whole lot of fun! Come and challenge your body to muscle confusion! This class welcomes everybody.

**Leisure Ride Cycle** - This class is for the beginner or the person that just wants the experience of group cycling at a little relaxed pace. This class is multi-level and no outdoor cycling experience is required!

**Cycle Express** - This indoor cycle class is 45 minutes for those that want an awesome workout in a shorter amount of time. All fitness levels are welcome.

**Cycle Yoga** - 40 minutes of high intensity cycle followed up with Yoga stretches that can benefit any body!

*8 bikes & 4 rowers are available on a first come first serve basis and the cycle studio is located off the wellness center by the stage. Must be 14 years old to attend a class or 12-13 year olds can attend with a participating adult.*