

GROUP FITNESS SCHEDULE

SUMMER 2017

www.itascafitnessclasses.wordpress.com

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
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 Step Lisa H.	5:45-6:45 TRX Petra	5:45-6:45 Cycle/Stength Beth	5:45-6:30 HIIT Cindy/Bri		5:45-6:30 Cycle Express Candy	5:45-6:30 POUND@ Angela/Candy	5:45-6:45 TRX Beth M.	5:45-6:30 Cycle Cindy/Patty	5:45-6:30 Yoga Katie	5:30-6:30 Cycle Mix Up Jennie				
6:40-7:15 Break. Club Heidi				7:00-7:25 Core Strength Petra		6:40-7:15 Break. Club Len						6:30-7:15 Break. Club Heidi					
8-8:55 Strength Joni	8:00-9:00 Yoga Lisa B.		8:10-8:55 Kettlebells Beth J.			8:00-8:55 Pilates Heather			8:10-8:55 Kettlebells Beth J.			8-8:55 BootCamp Amber			8:00-9 INSANITY@ Beth	8:00-9 Body Build Pose Christopher	
9-10:10 Step/Stretch Kris		9-10:00 Cycle Joni	9-10:00 Cardio Jam	9:30-10:00 AOA TRX Beth Joki	9-10:00 Cycle Yoga Kris	9-10:10 Step/Strength Kris			9-10:00 HIIT Lisa M.	9-10:00 TRX Beth Joki	9-10:00 Cycle/Foam Janessa	9:00-10:10 Yoga Kris		9:00-10:00 Cycle/HIIT Strength Joni	9:10-10:10 Cardio Jam Rotation	9:30-12pm Judo	9:30-11:30 Tai Chi Mike Veterans Park
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 Power Yoga Jess			
11:15-12 SS Classic Katie			11:15-12 Chair Yoga Katie/Kris			11:15-12 SS Classic Beth			11:15-12 Tai Chi Kris/Janessa			11:15- 12:00 SS Circuit Beth					
12:15-1 HIIT Strength Ashley				12:00-1:00 SANE \$		12:15-1 Barbell Janessa			12:15-1 Yoga Katie	12:00-1:00 SANE \$		12:15-1:00 Strength Amber					
			1:30-2:45 Athlete Training \$						1:30-2:45 Athlete Training \$								
2-3:30 Line Dancing																	
4:30-5:15 CardioKick Becky	4:30-5:15 TRX Beth M.		4:15-5:10 Circuit Jody			4:30-5:10 Circuit Angela/Candy			4:15-5:10 Step Beth M.								
5:30-6:30 Barbell/Core Fushion Beth		5:15-6:15 Cycle Mix Up Christopher	5:15-6:25 Yoga Rotation			6:00-7:00 Circuit Petra		5:30-7:30 Tai Chi Mike Veterans Park	5:15-6:25 Yoga Nita	5:00-5:45 TRX Amber							
				6:30-8:00 Adult Advanced Karate													

\$ 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.

S.A.N.E. \$ - 14 Week Wellness Journey, Age 18-55; Fee Based and must register at the Membership desk.

\$ - Fee Based Class and must register at the Membership Desk

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.

Barbell – A barbell program for able-bodied men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level. The choreographed routine will be the same for a period of time so that participants can get used to the routine and really focus on increasing their barbell weight to maximize their strength training program.

Boot Camp – A no frills, high energy, military style workout. Using drills and intervals to maximize your workout. All fitness levels are welcome.

Breakfast Club – Early morning, low stress, 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.

Pilates – Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong powerhouse, and improving coordination and balance. Great enhancement to any exercise program.



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.

Step/Strength– High energy step with barbell strength the last 15 minutes of class.

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 – Variety/Rotation of instructors teach this class. This yoga class may challenge you in ways that could include a faster pace to get that heart pumping, poses held longer or possibly authentic music to take your yoga practice to another level. Previous yoga experience is not necessary, but would be helpful.

Gentle Yoga – Relax, strengthen and sooth the body, mind and soul. This class will increase your flexibility and strength through various body postures and breathing techniques. *Gentle Flow Yoga is also a great beginner class for those with no experience with Yoga.*



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

Zumba® Toning - Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using light weights, helps you focus on specific muscle groups, so you (and your muscles) stay engaged! The use of lightweights enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

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. Formats can include some strength or yoga. Class is multi-level and no outdoor cycling experience is required and everyone is welcome!

8 bikes and 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.