

GROUP EXERCISE SCHEDULE

JUNE 1 - AUGUST 31, 2024



MONDAY		STUDIO
5:30-6:15am	Barbell Strength	A Jennie
5:40-6:30am	Yoga	B Heather/Teresa
6:40-7:15am	Step & Stretch	A Heidi
8:00-8:45am	Strength	A Joni
8:30-9:15am	Aquacise	Pool Janet
9:00-10am	Step	A Kris
9:00-10am	Cycle	B Amber/Chris W.
9:15-10am	Water Restore	Pool Bernie
10:15-11:00am	Cardio Lift	A Kisha
11:15-12:00pm	SilverSneakers	A Kris
12:15-1:00pm	HIIT	A Bri
1:00-2:45pm	Line Dancing	A
4:30-5:15pm	CardioKick	A Becky

TUESDAY		STUDIO
5:45-6:30am	Step	A Kris/Lisa H./Beth
8:00-8:45am	Cycle/TRX Stretch	B Kris
8:00-8:45am	Kettlebells	A Aubrey
9:00-10:00am	TRX	B Allison
9:00-10am	CardioKick/Weighted Bar	A Lisa M.
10:15-11am	Flex Strength	A Chris R.
11:15-12pm	Chair Yoga	A Katie
4:30-5:30pm	Strength/Yoga	A Amber
5:15-6:00pm	POP Pilates®	B Kisha
6:30-7:30pm	Int/Adv Karate*	A Tony K.

WEDNESDAY		STUDIO
5:45-6:30am	Cycle Express	B Heather/Patty
6:35-7:15am	Royally Fit	A Bob
8:00-8:45am	Strength	A Beth
8:30-9:15am	Aquacise	Pool Mari
9:00-10:00am	TRX	B Amber/Allison
9:00-10:00am	Step	A Kris
9:15-10am	Water Restore	Pool Bernie
10:15-11am	Cardio Lift	A Kristin
11:15-12:00pm	SilverSneakers	A Katie
12:15-1pm	HIIT	A Bri
5:30-6:15pm	Deep Water Tabata	Pool Vicki

THURSDAY		STUDIO
5:45-6:30am	TRX	B Heather
8:00-8:45am	Kettlebells	A Beth M.
9:00-10:00am	Cardio Jam/HIIT	A Lisa M.
9:00-10:00am	TRX	B Allison
10:15-11am	Flex Strength	A Chris/Rachelle
11:15-12pm	Balance Tai Chi	A Kris
12:15-1:00pm	HIIT	A Bri
4:30-5:15pm	TRX/Foam Roller	B Amber
5:30-6pm	Bodyweight Blast	B Amber
6:15-7:45pm	16 yr under JUDO*	B Colleen B.
6:30-7:30pm	Int/Adv Karate*	A Tony K.

FRIDAY		STUDIO
5:30-6:15am	Cycle HIIT	B Jennie
5:40-6:30am	Yoga	A Katie/Melissa
6:40-7:15am	Step & Stretch	A Heidi
7:50-8:50am	Bootcamp	A Amber
8:00-8:45am	POP Pilates	B Kisha
8:30-9:15am	Aqua ZUMBA®	Pool Angela O.
9:00-10:00am	Cycle/HIIT	B Joni
9:00-10am	Gentle Yoga	A Kris
9:15-10:00am	Water Restore	Pool Bernie
10:15-11:00am	Cardio Lift	A Kris/Angie
10:15-11:00am	TRX-Level I	B Chris/Amber
11:15-12pm	SilverSneakers	A Kisha

SATURDAY		STUDIO
7:10-8:10am	Yoga	B Nita
8:00-9:00am	Insane/HIIT	A Kisha
9:10-10:20am	Step	A Rose
8:30-10:15am	16+ JUDO*	B Chris K.

* Preregistration required for Judo and Karate



This symbol signifies that this class is also offered virtually through Zoom.

Contact Kris Bolin at kbolin@ymcaitasca.org for access

Check the group fitness blog for instructor changes or rotation classes www.itascafitnessclasses.wordpress.com

For Group Fitness Class Updates via TEXT messaging stop at membership desk and fill out form.

Schedule subject to change

CLASS NAME	DESCRIPTION
Aqua JAM	AQUA JAM-A mix of aerobic exercises and stretches to a variety of songs that will get you "Jamin and Movin" as well as working a variety of muscles! Maximizing resistance at your pace to fit a variety of age groups.
Aqua ZUMBA®	Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine with energizing music. Just add water and shake!
Aquacise	This class is performed without swimming and typically in waist deep or deeper water, it is a type of resistance training. It focuses on aerobic endurance, resistance training, and creating an enjoyable atmosphere with or without music.
Balance Tai Chi	Is an ancient Chinese discipline of meditative movements practiced as a system of exercises. This class is for beginners and focuses on balance.
Barbell Strength	A barbell program for able-bodied men and women of all ages and all fitness levels.
Bodyweight Blast	No equipment necessary for this high intense express workout that is 30 minutes in length.
Bootcamp	A no frills, high energy, military style workout. Using drills and intervals to maximize your workout. All fitness levels are welcome.
Cardio Jam	A cardio class that could include Intervals or continual cardio in one great class. Guaranteed a fun workout with excellent cardio benefits!
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.
CardioKick	A great cardio and strength workout in one. Combine floor exercises and traditional boxing and kickboxing moves.
CardioKick/ Weighted Bar	Martial arts-inspired stick fighting drills. This athletic kickboxing uses weighted bars to kick, punch, strike, block and feel like you can do anything.
Chair 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.
Cycle	Enjoy the many benefits of this amazing sport while having a blast in a lively atmosphere set to great, motivating music. No outdoor cycling experience is required!
Cycle HIIT/ Cycle Mixup	This class is a blend of indoor cycle drills and strength moves to create a total body workout!
Deep Water Tabata	High Intensity Interval Training in the deep end of the pool.
Flex Strength	This class works on strength, balance, and flexibility. Great for seniors, beginners and injury rehab members.
HIIT	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!
INSANE	Are you ready for the ultimate challenge? INSANE uses a method called Max Interval Training. You'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training.
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.
POP Pilates®	POP Pilates® is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.
POUND® Fitness	This class consists of drumming, cardio, and strength training. This high-intensity interval workout incorporates rhythmic movements to get the class literally pounding a mat on the floor as they sweat. Modifications are always given!
Royally Fit	Early morning, low stress, lots of laughs. Start your day with a cardio workout, and then break for toast, juice and coffee.
SHiNE Dance Fitness™	SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable, confident, and connected to a supportive community.
SilverSneakers	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.
Step	Do you love 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 but not necessary.
Step & Stretch	This class is great for beginners. A little bit of step, a little bit of stretch and a lot of fun!
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.
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.
TRX Level One	This TRX class is specific for beginners and primary focus is on flexibility, mobility and a little strength.
TRX/Foam Roller	TRX format/Foam rolling is a self-myofascial release (SMR) technique. It can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion.
Water Restore	This class provides a gentle workout for people with Arthritis, MS or other mobility limitations. This class was developed in cooperation with the Arthritis Foundation and the National Multiple Sclerosis Society.
Yoga	Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind. Beginners are welcome to any yoga class.
Gentle Yoga	Relax, strengthen and soothe the body, mind and soul. This class will increase your flexibility and strength through various body postures and breathing techniques. <i>Gentle Flow Yoga is also a great beginner class for those with no experience with Yoga.</i>