



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YMCA OF LENAWEE COUNTY

July 2019

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

All fitness classes are free for YMCA members!

Personal training packages are available to purchase. Members get a 1-hour free personal training demo! For more information, stop at the member service desk.

See if you qualify for Silver Sneakers or Silver & Fit.

Check out our Facebook page for class updates.

Try out our new Zumba class!

5:15-6:15am
Boot Camp
Megan
(upper gym)

8:00-8:45am
Balance Flexibility & Strength/ Pilates
Val
(upper gym)

8:00-8:45am
Balance Flexibility & Strength/ Pilates
Val
(upper gym)

9:15-10:15am
Group Cycling
Char
(lower level)

8:45-9:25am
Cardio Drumming
Val
(upper gym)

9:15-10:15am
Group Cycling
Char
(lower level)

8:45-9:25am
Cardio Drumming
Val
(upper gym)

9:30-10:30am
Enhance Fitness
Val
(upper gym)

9:30-10:30am
Enhance Fitness
Val
(upper gym)

5:30-6:30pm
Cycle/Core
Megan
(lower level)

5:15-6:15pm
Boot Camp
Megan
(upper gym)

6:30-8:00pm
Hatha Yoga
Pat
(child care room)

5:30-6:30pm
Group Cycle
Sylvia
(lower level)

6:30-8:00
Hatha Yoga
Pat
(child care room)

5:30-6:30
Group Cycling
Sylvia
(lower level)

7:30-8:30pm
Zumba
Kyrie
(upper gym)



GROUP FITNESS CLASS DESCRIPTIONS

BOOT CAMP

High intensity intervals that will target upper and lower body mixed with a variety of toning exercises. Get in shape with the use of simple equipment or your own body weight. Each class will have new, unique challenges.

BALANCE, FLEXIBILITY & STRENGTH

Exercise to gain better balance. Flexibility stretches help increase your range of motion. Strengthening exercises with bands, tubes, hand weights and body bars to work all major muscle groups from head to toe.

CARDIO DRUMMING

Sticks, a fitness ball and your hands are the only things needed. Beat to upbeat music and express yourself, sing, dance, sit or stand. There is no right or wrong. Relieve your stress and tension! Have a good time!

ENHANCE FITNESS

Enhance Fitness is an evidence based group exercise program to promote a healthy lifestyle. Each session includes cardiovascular, strength training, balance, and flexibility. Great for individuals with arthritis to stay active throughout their life. It fosters strong relationships while exercising with others.

FITMIX PLUS

Enjoy a unique mix of fitness plus empowerment and enrichment in a keep it simple, "challenge by choice, positive energy environment. Created for all fitness levels, it is designed to promote a feeling great, quality way of life.

GROUP INDOOR CYCLING

Indoor cycling is a great workout to improve cardiovascular endurance and strength without the impact of running or jumping. It's fantastic for intense calorie burn and muscular conditioning. The instructor will motivate and guide riders throughout the workout which covers varying terrain set to upbeat music. Bring water.

HATHA YOGA

This class is open to all skill levels. Activities are tailored to the needs of class members. Yoga poses, breathing exercises and relaxation skills are the main activities.

STABILITY BALL, PUMP, STRETCH

Balance on a stability ball, with some weights, Ab work and stretching.

ZUMBA

A fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combination of fast and slow dance moves that tone and sculpt the body.

PILATES

Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.