



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

FEBRUARY 2012 / GEORGE I. THEISEN FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>***LUNCHTIME*** EXPRESS CLASS IS BACK ON **WEDNESDAYS**</p>		<p>1 5:30 Strength Plus Kettlebells - Elizabeth 8:30 Zumba—Margaret 9:30 FitKids—Audrey 10:00 Seniors—Audrey 12:15 Lunchtime Express—Wendy 5:30 Cycle—Elizabeth 6:30 Yoga— Elizabeth</p>	<p>2 8:30 Strength Plus -Jill 9:30 Corelates -Jill 11:00 Silver Sneakers 1@ - Wendy 12:15Body Combat@ Express Teresa 6:00 Super Sculpt—Margaret 7:05 BootCamp—Stephanie</p>	<p>3 5:30 Cycle/Strength - Jason 8:30 CYCLE—Elizabeth 9:15 Step Explosion-Jill 10:00 Seniors- Wendy</p>	<p>4 9:30 Body Combat@-Brandi</p>
<p>6 5:30 Cycle- Jason 8:30 "SMASH UP" - Elizabeth 10:00 Intense Fit Seniors- Audrey 11:00 Baby & Me - Kristin & Stephanie 12:15 Circuit Express-Sue 5:45 Body Combat@- Brandi 6:45 Cycle/Strength- Kris</p>	<p>7 8:30 Body Combat@-Michele 9:30 Yoga/Pilates - Margaret 11:00 Silver Sneakers 1@- Wendy 12:15 Lunchtime Express- Wendy 6:00 Boot Camp - Kristin 7:00 Zumba - Margaret</p>	<p>8 5:30 Strength Plus- Elizabeth 8:30 Zumba- Margaret 9:30 Fit Kids - Audrey 10:00 Seniors Audrey 12:15 Lunchtime Express- Wendy 5:30 CYCLE- Jason 6:30- Yoga— Margaret</p>	<p>9 8:30 Strength Plus - Jill 9:30 Corelates—Jill 11:00 Silver Sneakers 1@- Wendy 12:15 Body Combat@Express Teresa 6:00 Super Sculpt—Margaret 7:05-BootCamp- Stephanie</p>	<p>10 5:30 Kettlebell Bootcamp- Jason 8:30 CYCLE- Elizabeth 9:15 Step Explosion-Jill 10:00 Seniors - Wendy</p>	<p>11 9:30 Body Combat@-Brandi</p> <hr/> <p>12 2:00 Kettlebell Training - Brent</p>
<p>13 5:30 Cycle- Elizabeth 8:30 "SMASH UP" -Kristin 10:00 Intense Fit Seniors- Audrey 11:00 Baby & Me - Kristin & Stephanie 12:15 Circuit Express- Sue 5:45 Body Combat@- Brandi 6:45 Strength Plus- Elizabeth</p>	<p>14 8:30 Body Combat@-Michele 9:30 Yoga/Pilates -Margaret 11:00 Silver Sneakers 1@- Wendy 12:15 Lunchtime Express- Wendy 6:00 Boot Camp -Stephanie 7:00 Zumba- Margaret</p>	<p>15 5:30 Strength Plus Kettlebells - Elizabeth 8:30 Zumba- Margaret 9:30 Fit Kids - Audrey 10:00 Seniors - Audrey 12:15 Lunchtime Express- Wendy 5:30-CYCLE- Elizabeth 6:30-Yoga- Elizabeth</p>	<p>16 8:30 Strength Plus-Jill 9:30 Corelates -Jill 11:00 Silver Sneakers 1@- Wendy 12:15 Body Combat@Express Teresa 6:00 Super Sculpt-Margaret 7:05-BootCamp- Kristin</p>	<p>17 5:30 Cycle/Strength - Michele 8:30 CYCLE- Elizabeth 9:15 Step Explosion -Jill 10:00 Seniors - Wendy</p>	<p>18 9:30 Body Combat@—Brandi</p>
<p>20 5:30 Cycle- Elizabeth 8:30 "SMASH UP" - Kristin 10:00 Intense Fit Seniors - Wendy 11:00 Baby & Me - Kristin & Stephanie 12:15 Circuit Express- Sue 5:45 Body Combat@- Brandi 6:45 Cycle/Strength- Jason</p>	<p>21 8:30 Body Combat@- Michele 9:30 Yoga/Pilates - Margaret 11:00 Silver Sneakers 1@- Wendy 12:15 Lunchtime Express- Wendy 6:00 Boot Camp - Jason 7:00 Zumba- Margaret</p>	<p>22 5:30 Strength Plus- Elizabeth 8:30 Zumba-Margaret 9:30 Fit Kids - Audrey 10:00 Seniors Audrey 12:15 Lunchtime Express- Wendy 5:30- CYCLE- Michele 6:30- Yoga—Kristin</p>	<p>23 8:30 Strength Plus—Jill 9:30 Corelates—Jill 11:00 Silver Sneakers 1@- Wendy 12:15 Body Combat Express Teresa 6:00 Super Sculpt-Margaret 7:05 BootCamp - Stephanie</p>	<p>24 5:30 <i>Kettlebell Bootcamp- Jason</i> 8:30 CYCLE- Elizabeth 9:15 Step Explosion -Jill 10:00 Seniors- Wendy</p>	<p>25 9:30 Body Combat@ - Brandi</p> <hr/> <p>26 2:00 Kettlebell Training- Brent</p>
<p>27 5:30 Cycle—Jason 8:30 "SMASH UP"—Elizabeth 10:00 Intense fit Seniors-Audrey 11:00 Baby & Me - Kristin & Stephanie 12:15 Circuit Express- Sue 5:45 Body Combat@- Brandi 6:45 Strength Plus—Michele</p>	<p>28 8:30 Body Combat@- Michele 9:30 Yoga/Pilates— Margaret 11:00 Silver Sneakers 1@- Wendy 12:15 Lunchtime Express— Wendy 6:00 Boot Camp— Stephanie 7:00 Zumba—Margaret</p>	<p>29 5:30 Strength Plus Kettlebells - Elizabeth 8:30 Zumba-Margaret 9:30 Fit Kids-Audrey 10:00 Seniors-Audrey 12:15 Lunchtime Express- Wendy 5:30 CYCLE- Elizabeth 6:30 Yoga- Elizabeth</p>		<p>****PLEASE NOTICE**** NEW CLASS FORMATS</p> <p>"SUPER SCULPT" *Thursday's @ 6pm & "SMASH UP" *Monday's @ 8:30am</p>	



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CLASS DESCRIPTIONS

All instructors are certified by YMCA, AFAA, and/or ACSM, or have a 4 yr degree in the fitness field. Classes are set in accordance with industry standards.

***NEW* "SMASH UP"** - Want to try different classes all at once? Have fun with all the different formats of classes in just one class!

There could be hi/low, Body Combat/kickboxing, step, weights, Pilates/Core & Stretch all in one. This is a great class to sample different types of workouts. Time will fly!

***NEW* SUPER SCULPT**- A strength & conditioning class working all major muscle groups using a variety of equipment.

***NEW* BABY & ME** - Bring your baby(6wks-18mths)& have fun with them while doing yoga, pilates and other strengthening exercises.

Come get your workout & have fun with baby all at once! FOR MOMS OR DADS.

Body Combat® - A fiercely energetic cardiovascular workout that is inspired with an array of all kinds of martial arts movements. With driving music you will punch& kick your way through calories for superior cardio fitness! (great calorie burner)

Boot Camp - A military style workout that has been modified to fit the format of a group exercise class. It involves higher intensity type movements such as calisthenics, running or jumping & Strength all in one. Great Workout!

Corelates- Great class for strengthening the core muscles. Each exercise is developed to help strengthen your legs, back and abdominals.

Strength Plus - Strength training class using barbells, free weights, bands, balls & more. Great strength & conditioning class!

Strength Plus KettleBells - Same class as Strength Plus "PLUS" KettleBells!

Circuit Plus - A whole body workout using different stations that combines cardio & strength training. Abs are also included. This is a great way to workout at your own pace.

Silver Sneakers 1® (Muscular Strength Range of Motion) (50 & Up) - Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living. Hand-held weights, tubing, balls and a chair are used for seated or standing support.

Senior Aerobics (50 & Up) - An excellent overall body workout for seniors 50 +.

Circuit Express- 30 minute workout using stations combining cardio & strength. Abs included.

Lunchtime Express -30 minute full body workout combining cardio & strength. A great way to spend your lunch break!

Kettlebell Training- a motivating workout using traditional kettle bells for great overall sculpting & strength.

Yoga - A class that begins with classic Yoga routines and then continues with strengthening postures. It concludes with breathing and relaxation exercises. A Yoga mat and block are suggested. Participants with spinal problems should use caution.

Yoga/Pilates - A great core and overall body stretch with the first half consisting of 30 minutes of Yoga & the 2nd half consisting of 30 minutes of pilates movements. Both styles in 1 class! COME FOR 1 HALF OR BOTH! A Yoga mat is suggested.

Zumba - This is a high energy Latin aerobic dance class. It's a great calorie burner! This is a party not exercise!

Fit Kids - A fun way for your child to get a little exercise along with nutrition & fitness facts to use in their everyday life.

Intense Fit- Combines the strength benefits of a Muscle Class with athletic cardio intervals.

Step Explosion- an EXPLOSION of nothing but great step choreography to pumping music. (Intermediate)

CYCLE- Great cardio with fun music!** **Classes fill up quickly so call ahead to the front desk (834 2400) After 7:00PM the night before the class or Call after 3:00PM Friday for Monday classes.** If you are 3 minutes late for scheduled class

Instructors:

- Wendy Knight
- Margaret Martin
- Jill Adrien
- Audrey Smith
- Brandi Gravley
- Kris Wood
- Stephanie Tiwari
- Kristin LaRoy
- Elizabeth Wingard
- Jason Hicks
- Michele Wetzelberger

