



# Group Exercise Summer Schedule

September 2023 South County YMCA

Effective September 5th, 2023

| Monday   | Tuesday  | Wednesday                                      | Thursday   | Friday  | Saturday                               | Sunday                                       |
|--|--|--|--|---|--|--|
|  |  |  | <b>BODYPUMP*</b><br>Melissa<br>5:45 AM                 |   |  |  |
| <b>Weights &amp; More</b><br>Taylor<br>7:30 AM   | <b>Cycle*</b><br>Barbara<br>7:00 AM                    | <b>Weights &amp; More</b><br>Taylor<br>7:30 AM | <b>Cycle*</b><br>Barbara<br>7:00 AM                    | <b>Weights &amp; More</b><br>Taylor<br>7:30 AM        | <b>Cycle*</b><br>Barbara<br>7:00 AM    | <b>Yin Yoga</b><br>Barbara<br>7:30 AM        |
|  | <b>Cardio Core</b><br>Taylor<br>8:00 AM                |  | <b>Cardio Core</b><br>Taylor<br>8:00 AM                |   | <b>BODYPUMP*</b><br>Chelsea<br>8:30 AM |  |
| <b>Vinyasa Flow Yoga</b><br>Lori<br>9:00 AM      | <b>BODYPUMP*</b><br>Chelsea<br>9:00 AM                 | <b>Funky Flow Yoga</b><br>Lori<br>8:30 AM      | <b>BODYPUMP*</b><br>Chelsea<br>9:00 AM                 | <b>Low &amp; Slow Flow Yoga</b><br>Natalie<br>9:00 AM |  | <b>BODYPUMP*</b><br>Melissa<br>9:00 AM       |
|  | <b>Low Impact Cardio Fitness</b><br>Chelsea<br>10:00AM | <b>Zumba</b><br>Chelsea<br>10:00 AM            | <b>Low Impact Cardio Fitness</b><br>Chelsea<br>10:00AM |   | <b>Zumba</b><br>Hanan<br>10:00 AM      | <b>Les Mills Tone</b><br>Melissa<br>10:00 AM |
| <b>Silver Sneakers*</b><br>Taylor<br>11:00 AM    |  | <b>Silver Sneakers*</b><br>Taylor<br>11:00 AM  |  | <b>Silver Sneakers*</b><br>Taylor<br>11:00 AM         |  |  |
| <b>Chair Yoga</b><br>Lori<br>12:00 PM            |  | <b>Chair Yoga</b><br>Natalie<br>12:00 PM       |  |   |  |  |
|  |  |  |  | <b>Cardio Kickboxing</b><br>Peter Pan<br>4:30PM       |  |  |
| <b>SURFSET*</b><br>Peter Pan<br>5:30 PM          | <b>Zumba</b><br>Hanan<br>5:30 PM                       | <b>Circuit Training</b><br>Austin<br>5:30 PM   | <b>RPM* - Cycle</b><br>Chelsea<br>5:30 PM              | <b>SURFSET*</b><br>Peter Pan<br>5:30 PM               |  |  |
| <b>Cardio Kickboxing</b><br>Peter Pan<br>6:30 PM | <b>BODYPUMP*</b><br>Katie<br>6:30 PM                   |  | <b>BODYPUMP*</b><br>Chelsea<br>6:30 PM                 |   |  |  |

Updated or New Class

\*Registration Required



# Descriptions

**LES MILLS BODYPUMP-** A 45-minute full-body barbell and plate workout designed to get you lean, toned and fit. Using light to moderate weights with lots of repetition, instructors will coach you through scientifically-backed moves. This workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.

**CIRCUIT TRAINING:** Strength, Cardio, and Core Training using a variety of equipment set up in circuits. Gain strength, improve cardio fitness, and increase mobility and coordination.

**CARDIO KICKBOXING-** A non-stop cardio workout at 130 BPM with no equipment (bags and gloves). Class consists of a 5 minute warm up, 35 minutes of cardio, 10 minutes of abs and a 5 minute cooldown.

**CARDIO CORE-** This high-energy, fat-burning workout combines a variety of high and low impact aerobic moves with core strengthening exercises. May include boot camp drills, kickboxing, step, weights and other equipment.

**CHAIR YOGA-** is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support.

**CYCLE-** This instructor-led stationary bike workout is set to motivating music for a challenging bike ride.

**FUNKY FLOW YOGA-** Funky Flow is a traditional vinyasa-style class set to various genres of modern music. It incorporates both standing and seated postures.

**LOW & SLOW FLOW YOGA-** Low & Slow Flow focuses on specific therapeutic yoga practices for common problem areas of muscles tightness. Typically, the practice is seated.

**LOW IMPACT CARDIO FITNESS:** This high-energy, low impact cardio workout combines traditional low impact aerobic moves and very easy to follow aerobic dance inspired moves, using the music to light up the energy of the workout. Great for all levels of fitness.

**LES MILLS RPM -** A group indoor cycling workout that uses simulated climbs and sprints. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

**SILVER SNEAKERS-** Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, bands and a Silver Sneakers ball. A chair is used for seated exercises or standing support.

**SURF SET-** Exercise on a surfboard? This class is designed to engage the core, stabilize muscles and "shock" the system to create real change both inside and out while exercising on a board.

**LES MILLS TONE -** A 45-minute total body workout combining blocks of strength, cardio and core training utilizing plates and body weight. Great for all levels of fitness and a variety of options will be coached.

**VINYASA FLOW YOGA-** Vinyasa Flow is a practice that includes standing and seated yoga postures, as well as breathing and meditation techniques. Vinyasa, in this context, means flowing from one pose to the next.

**WEIGHTS & MORE-** A full body strengthening class using barbell and various weights. Learn proper form, and techniques!

**Yin Yoga:** Yin yoga consists of a series of long-held poses that allow access to the deeper tissues of our ligaments, joints, and deep muscle fascia. This practice includes deep stretching and breath work to help relax the body. Props will be used to assist practice.

**ZUMBA-** Zumba is a fun, high-energy workout experience that keeps you excited to exercise and return for more. This total body workout combines high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.