



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Fitness Class Schedule

Effective May 1, 2012

MONDAY

TIME	CLASS	ROOM	YMCA
5:30-6:30 AM	Body Pump	Studio	HGN
5:30-6:30 AM	Body Pump	Studio	Marion
5:35-6:30 AM	Y Cycling	Studio	Stoney
8:00-9:00 AM	Power Yoga	Studio	Marion
9:15-10:15 AM	Body Pump	Studio	Stoney
9:15-10:15 AM	Step Combo	Studio	Marion
9:15-10:15 AM	Body Pump	Studio	HGN
10:15-11:00 AM	SS Strength	Gym	Marion
10:30-11:15 AM	RPM	Cycling	HGN
10:30-11:15 AM	SS Strength	Studio	Stoney
12:00-1:00 PM	Intermediate Yoga	MP	HGN
12:10-12:55 PM	Zumba	Studio	HGN
4:30-5:20 PM	Zumba	Studio	HGN
5:30-6:30 PM	Body Pump	Studio	HGN
5:30-6:30 PM	Body Pump	Studio	Marion
5:45-6:35 PM	RPM	Cycling	HGN
6:35-7:25 PM	RPM	Studio	Marion
7:00-8:00 PM	Body Flow	MP	HGN
7:30-8:30 PM	Yoga	Studio	Marion

TUESDAY

TIME	CLASS	ROOM	YMCA
5:30-6:30 AM	Step	Studio	HGN
5:30-6:30 AM	RPM	Cycling	HGN
5:30-6:20 AM	RPM	Studio	Marion
5:30-6:30 AM	Body Pump	Studio	Stoney
8:00-9:00 AM	Yoga	Studio	Marion
8:15-9:00 AM	Fit and Fun	Studio	Stoney
9:15-10:15 AM	Body Pump	Studio	Marion
9:15-10:30 AM	Total Body Works	Studio	HGN
9:15-10:15 AM	Body Flow	Studio	Stoney
10:15-11:00 AM	SS Strength	Gym	Marion
10:45-11:30 AM	SS Strength	Studio	HGN
12:00-1:00 PM	Power Yoga	MP	HGN
12:10-12:55 PM	Body Pump Express	Studio	HGN
4:30-5:30 PM	Body Pump	Studio	HGN
5:30-6:25 PM	Zumba	Studio	Marion
5:30-6:30 PM	Yoga	Studio	Stoney
5:35-6:35 PM	Cardio Kickboxing	Studio	HGN
5:35-6:35 PM	RPM	Cycling	HGN
5:45-6:45 PM	Body Flow	MP	HGN
6:35-7:35 PM	Body Pump	Studio	Stoney
6:40-7:40 PM	Boot Camp	Studio	HGN
8:00-8:45 PM	Hip Hop	Studio	HGN

WEDNESDAY

TIME	CLASS	ROOM	YMCA
5:00-5:30 AM	Y Cycling	Cycling	HGN
5:30-6:30 AM	Body Pump	Studio	HGN
5:30-6:30 AM	Boot Camp	Studio	Marion
5:30-6:30 AM	Yoga	MP	HGN
8:00-9:00 AM	Yoga for Relaxation	Studio	Marion
9:15-10:15 AM	Body Pump	Studio	HGN
9:15-10:15 AM	Cardio Mix	Studio	Marion
9:15-10:15 AM	Body Pump	Studio	Stoney
10:15-11:00 AM	SS Strength/Cardio	Gym	Marion

WEDNESDAY cont.

TIME	CLASS	ROOM	YMCA
10:30-11:15 AM	SS Strength	Studio	Stoney
10:45-11:30 AM	SS Strength	Studio	HGN
12:00-1:00 PM	Beginning Yoga	MP	HGN
12:10-12:55 PM	Cardio Mix	Studio	HGN
12:10-12:55 PM	RPM	Cycling	HGN
5:10-5:55 PM	Body Pump Express	Studio	HGN
5:30-6:30 PM	Body Pump	Studio	Marion
5:45-6:45 PM	Y Cycling	Cycling	HGN
5:45-6:30 PM	Tai Chi	MP	HGN
6:00-6:55 PM	Zumba	Studio	HGN
6:00-7:00 PM	Y Cycling	Studio	Stoney
6:35-7:25 PM	Cardio Kickboxing	Studio	Marion
7:00-8:00 PM	Body Flow	MP	HGN
7:30-8:30 PM	Body Flow	Studio	Marion

THURSDAY

TIME	CLASS	ROOM	YMCA
5:30-6:30 AM	Cardio Sculpt	Studio	HGN
5:30-6:30 AM	RPM	Studio	Marion
5:30-6:30 AM	Body Pump	Studio	Stoney
8:00-9:00 AM	Body Flow	Studio	Marion
8:15-9:00 AM	Fit and Fun	Studio	Stoney
9:15-10:15 AM	Body Pump	Studio	Marion
9:15-10:30 AM	Total Body Works	Studio	HGN
9:15-10:10 AM	RPM	Studio	Stoney
10:15-11:00 AM	SS Strength	Gym	Marion
10:20-11:05 AM	Zumba	Studio	Marion
10:45-11:30 AM	SS Strength	Studio	HGN
12:00-1:00 PM	Intermediate Yoga	MP	HGN
12:10-12:55 PM	Body Pump Express	Studio	HGN
4:30-5:30 PM	Body Pump	Studio	HGN
5:30-6:30 PM	Yoga	MP	HGN
5:30-6:30 PM	Zumba	Studio	Stoney
5:35-6:25 PM	RPM	Studio	Marion
5:35-6:25 PM	RPM	Cycling	HGN
5:35-6:35 PM	Cardio Kickboxing	Studio	HGN
6:35-7:35 PM	Body Pump	Studio	Stoney
6:40-7:40 PM	Boot Camp	Studio	HGN

FRIDAY

TIME	CLASS	ROOM	YMCA
5:30-6:30 AM	Body Flow	Studio	HGN
5:30-6:30 AM	Body Pump	Studio	Marion
5:35-6:30 AM	Y Cycling	Studio	Stoney
8:00-9:00 AM	Yoga	Studio	Marion
9:15-10:15 AM	Body Pump	Studio	HGN
9:15-9:55 AM	Cardio Mix	Studio	Marion
9:15-10:00 AM	SilverSneaker Stretch	Gym	Marion
9:15-10:15 AM	Body Flow	Studio	Stoney
10:00-10:45 AM	RPM	Studio	Marion
10:30-11:15 AM	SS Strength	Studio	Stoney
10:30-11:15 AM	RPM	Cycling	HGN
10:45-11:30 AM	SS Strength	Studio	HGN
12:00-1:00 PM	Yoga	MP	HGN
12:10-12:55 PM	Step	Studio	HGN
4:30-5:20 PM	Zumba	Studio	HGN
5:30-6:30 PM	Body Pump	Studio	HGN

SATURDAY

TIME	CLASS	ROOM	YMCA
7:05-8:00 AM	RPM	Studio	Marion
7:05-8:00 AM	Y Cycling	Cycling	HGN
7:15-8:05 AM	Y Cycling	Studio	Stoney
8:10-9:10 AM	Body Pump	Studio	Stoney
8:15-9:30 AM	Intermediate Yoga	MP	HGN
8:15-9:15 AM	Body Pump	Studio	Marion
9:00-10:00 AM	Body Pump	Studio	HGN
9:15-10:30 AM	Yoga	Studio	Stoney
9:25-10:25 AM	Body Flow	Studio	Marion

SUNDAY

TIME	CLASS	ROOM	YMCA
2:00-3:00 PM	Body Pump	Studio	HGN

MP = Multipurpose Room @ HGN HGN= Downtown YMCA
MISD=Marion Independent School District

Body Flow – is an athletic blend of Yoga, Pilates, and Tai Chi that leaves you feeling long, strong, calm, and centered.

Body Pump – is a muscle conditioning, choreographed workout using barbells. Whether you are new to weight training or experienced in pumping iron, this workout will change the shape of your body! Certified instructors using highly motivating music lead classes.

Boot Camp – incorporates a variety of movement & equipment to create a fun, safe way to do interval training. By doing strength & cardio in short energy bursts of time, you will maintain a heart rate that allows all the physical benefits of exercise while keeping your calorie burn peaked.

Cardio Mix – Challenge your body with different cardio workouts each class. Step, kickboxing, hi/lo, or circuit training and muscle work.

Cardio Kickboxing – class combines basic martial arts with aerobics to get you in shape! Works both upper and lower body. Cardio, toning, strength, abs and self-defense are all part of this class.

Cardio Sculpt – a perfect blend of cardio and muscular sculpting class. Burn calories and shape muscles for a lean and tight look.

Fit & Fun – A wonderful low impact cardio class that will work every muscle in the body. A safe, fun, uplifting workout.

Hip Hop – will cover basic hip hop movements and fundamentals. Students will be encouraged to formulate their own styling and choreographic choices. A basic routine will be taught and practiced each week.

Master Cycling – advanced cycling 90 minute class. Held the 2nd and 4th Saturday's of the month. This is not designed for the beginning cyclist.

Intermediate Yoga – focuses on the mind-body connection by emphasizing breath in motion. Yoga experience a must!!

Pi-yo – Is a mix of Pilates and yoga. Pilates is a system of exercises that stretch & strengthen your muscles & align your spine while gaining an awareness of breathing & body mechanics. Not appropriate for pregnant women.

Power Yoga - is a challenging athletic practice of yoga, where we link movement and breath. This is not designed for beginner yoga participants.

RPM – is an indoor cycling workout where you ride to the rhythm of Powerful music. You will be lead through hills, flats, mountains, speed work and intervals.

Step – is a simple, athletic workout that will shape and tone your entire lower body and push your fat burning systems into high gear. The group atmosphere is inspiring. The music and energy is addictive.

WATER CLASSES SCHEDULE

TIME	CLASS	DAY	YMCA
7:00-8:00 AM	Hi Intensity Water	MON	Marion
7:30-8:15 AM	Lo Intensity Water	MON	HGN
8:10-9:10 AM	Hi Intensity Water	MON	Marion
8:15-9:00 AM	Water Exercise	MON	Stoney
9:10-9:55 AM	Arthritis Water Ex.	MON	Marion
7:30-8:15 AM	Lo Impact Water	TUES	HGN
8:10-9:10 AM	Water Exercise	TUES	Marion
9:00-10:00 AM	Arthritis Water Ex	TUES	Stoney
9:15-10:00 AM	Deep Water Ex.	TUES	Marion
6:00-7:00 PM	Deep Water Ex.	TUES	Marion
6:00-6:45 PM	Deep Water Ex	TUES	Stoney
7:00-7:45 PM	Lo Intensity Water	TUES	HGN
7:00-8:00 AM	Water Exercise	WED	Marion
7:30-8:15 AM	Lo Intensity Water	WED	HGN
8:10-9:10 AM	Water Exercise	WED	Marion
8:15-9:00 AM	Water Exercise	WED	Stoney
9:10-9:55 AM	Arthritis Water Ex	WED	Marion
7:30-8:15 AM	Lo Impact Water	THURS	HGN
8:10-9:10 AM	Water Exercise	THURS	Marion
9:00-10:00 AM	Arthritis Water Ex	THURS	Stoney
6:00-7:00 PM	Deep Water Ex	THURS	Marion
6:00-6:45 PM	Deep Water Ex	THURS	Stoney
7:00-7:45 PM	Lo Intensity Water	THURS	HGN
7:00-8:00 AM	Water Exercise	FRI	Marion
7:30-8:15 AM	Lo Intensity Water	FRI	HGN
8:00-9:00 AM	Arthritis Water Ex	FRI	Stoney
8:10-9:10 AM	Water Ex	FRI	Marion
9:10-9:55 AM	Arthritis Water Ex	FRI	Marion
10:15-11:00 AM	Deep Water Ex	FRI	Marion
7:45-8:30 AM	Water Exercise	SAT	Stoney

SilverSneakers Strength – (SS Strength) Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seating and/or standing support.

SilverSneakers Stretch – Will move your whole 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, & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

Tai Chi – blends ancient Chinese exercise for improving health, strength and flexibility.

Total Body Workout - Great all around workout, incorporating step, hi/lo impact aerobics, strength, & stretching. For all fitness levels.

Yoga – This class teaches the basic yoga movements while helping to develop the mind body connection.

Yoga for Relaxation - is a yoga practice that moves at a slightly slower pace, and focuses on poses that provide inner peace and leave you feeling energetic.

Y Cycling – A biking workout for everyone!!! Class incorporates riding technique using multi-transitional profiles and advanced movements and are blended together to form one enjoyable, continuous ride. Please bring water bottle and sweat towel to each class.

Zumba – A fusion of Latin and International music & dance themes that create dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Recommend dance sneakers or sneakers that allow for pivoting.

