

Spring I Fitness / Specialty Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat
Boot Camp Erica 6:00-6:55 am	Triathlon Training Club Marcia 5:10-6:00am	Boot Camp Erica 6:00-6:55 am	Triathlon Training Club Marcia 5:10-6:00am	Boot Camp Erica 6:00-6:55 am	
Intervals Shelly N. 8:15-9:10am	\$\$ TRX \$\$ Jeremiah South Gym 6:00-6:55am	Stretch for Health Debi (CR 2/3) 8:30 -9:00am	\$\$ TRX \$ Jeremiah S Gym 6:00-6:55am		Adv Step N Sculpt 8:00am Laurie
Power Yoga Diane 8:15-9:10am (CR 2/3)	Bodyworks Linda 7:00-7:55am	Zumba Shelly N 8:15-9:10am	Bodyworks Linda 7:00-7:55am	Yoga Basic Jenny 8:15-9:10am	Kettlebell CR 2/3 Charlie 8:30-9:25am
30 Min Abs Shelly L. 9:30-10:00am	Core Motion Marcia 8:15-9:10am	Low Imp Cardio/Tone Debi 9:15-10:10am	Power Yoga Diane (CR 2/3) 8:15-9:10am	Turbo Kick/ PiYo Shelly N. (CR 2/3) 8:15-19:10am	30 Min Abs Laurie 9:00-9:30 am\$
\$\$ TRX \$\$ Jeremiah /S Gym 9:30-10:25am	Women on Weights \$ Ann C 9:00-10:00	\$\$ TRX \$\$ Jeremiah /S Gym 9:30-10:25am	Step n Sculpt Dan 8:15-9:10am	Stretch for Health Debi 9:15-9:45am	Adv Cardio Tap Linda 9:35am-10:20am
Silver Sneakers Marcia 10:15-11:00am	Cardio Box Amber (CR2/3) 9:15-10:10am	Silver Sneakers Debi 10:15-11:00am	Women on Weights \$ Ann C 9:00-10:00	Pilates Debi 9:50-10:45am	Beg Cardio Tap Linda 10:25-11:10am
Tai Chi Charlie (CR2/3) 10:30-11:25am	Kettlebell Jeff 9:30- 10:25am	Tai Chi Charlie CR 2/3 10:30-11:25am	Bodyworks Ann E 9:15-10:10am	Kettlebell Charlie 9:50-10:45am South Gym	Beginners Yoga Deb G 11:15am- 12:00pm
			Core Motion Marcia 10:15-11:10am		Beginner Step Deb G 12:05pm—
		Step n Sculpt Jane 5:00-5:55pm			
Cardio Tap Linda 4:30-5:20 pm	ABC Fitness Jane 5:00-5:55pm	30-Min. Abs Laurie (CR 2/3) 5:30-6:00pm	Zumba Shelly N SGym 5:00-5:55pm		Sunday
30-Min. Abs Laurie 5:25-5:55pm	Zumba Monica 6:00-6:55pm	Boot Camp Deb G 6:00-6:55pm	Core Motion Jane 6:00-6:55pm		Bodyworks Laurie 1:00-1:55pm
Adv Step n Sculpt Laurie 6:00-6:55pm	Fitness Yoga Deb G. CR2/3 5:30-6:45pm	Karate Begin. \$ Varner/Holmes 6:30-7:15pm (Gym)	Fitness Yoga Deb G. CR2/3 5:30-6:45pm		Fitness Yoga Laurie 2:00-2:55pm
Karate Begin. \$ Varner/Holmes 6:30-7:15pm (Gym)	Kettlebell Charlie 7:00-7:55pm	Kick Fit Cassie 7:00-7:55pm	\$\$ TRX \$\$ Charlie SGym 6:00-6:55pm		
Total Body Sculpting Laurie 7:00-7:55pm	Boot Camp Joe 8:00-8:55pm	Karate Inter. \$ Varner/Holmes 7:15-8:30pm (Gym/CR)	Kettlebell Charlie 7:00-7:55pm		Updated 2/11/10
Karate Inter. \$ Varner/Holmes 7:15-8:30pm (Gym/CR)			Boot Camp Joe 8:00-8:55pm		

Fitness Specialty Class Description

Beginners Step: For individuals just starting a fitness program or working back to a healthy lifestyle. Class will focus on basic, easy-to-follow routines to get you comfortable with Step Aerobics. Also suitable for those who prefer step on the “lighter” side. (45 min.)

Step-n-Sculpt: For those having step experience and are ready for a powerful workout. You will learn challenging combinations designed for the intermediate to advanced stepper. Upper body/ abdominals included. (55 min.)

KickFit: Hand wraps or light boxing gloves (the Y does not provide) are recommended for making contact with kick bags and punch shields. Drills include upper body punches, lower body kicks, and varying strikes with knees or elbows for total body conditioning. Intense, exciting, and fun! (55 min.)

Boot Camp: This great combination of fitness, motivation, and guidance will get you energized for the day. Cardiovascular cross-training, strength training, ab work, and “military-style” exercises will help break through plateaus and give you a new routine to follow for your fitness needs! (55 minutes)

30-Minute Abs: Trim up your mid-section with this short workout! Learn proper exercises and form to strengthen front and rear abdominals; includes various crunch exercises including side planks and bends. (30 min.)

Bodyworks: If you want variety in a cardio workout, check out Bodyworks! This coed class uses hand weights and various resistance tubes for hands and feet to target and tone upper/lower muscles and the abs! (55 min.)

*****Shudo-kan Karate:** Traditional martial art for youth and adults teaches basic techniques and self-defense. Offers increased strength and flexibility, balance/coordination, concentration, discipline, and respect. (45 min. beginner; 75 min. advanced) (Members – \$37.00 2x/week; Non-Members - \$56.00 2x/week)

Pilates: Complete body conditioning method using abs, lower back, hips, and buttocks. Lengthen, strengthen, and re-shape your body without joint stress. Based on philosophy that mind/body must work together to achieve fitness. (55 min.)

Kettlebell: For extreme all-around fitness, let the Kettlebell help get you there! Kettlebells are traditional cast-iron weights resembling a cannonball with a handle. This workout can produce impressive gains in the legs, hips, and shoulders, and help you use your body as one unit instead of individual parts. (55 min.)

Total Body Sculpting: Work on the body basics in this invigorating class! This coed class uses hand weights, body bars, stability balls and various resistance tubes for hands and feet to target and tone upper/lower muscles and the abs! (55 min.)

Cardio Tap (Beg/Adv): Put on your tap shoes. Burn calories tapping away in this fun energetic cardio class.

Fitness Specialty Class Description

Stretch for Health: Proper stretching before/after exercise can improve performance and prevent injury. Learn to properly stretch all major muscle groups in a short, easy format that offers dramatic gains in day-to-day activity. (30 min.)

Turbo Kick: Use choreographed martial arts moves in a non-impact class to kick, punch, and groove away calories! This class is an action-packed, super fun, super safe, and effective cardio workout. (55 min.)

Fitness Yoga/Beginner Yoga/Power Yoga/Yoga Basic: Restore yourself and find balance in these classes, providing increases in strength, flexibility, and posture and decreases in stress. All participant levels welcome. (45 & 55 min)

Core Motion: Get on the ball in this dynamic class using a large stability ball. Engage your core muscles during the entire class and improve cardiovascular fitness, strength, stability, and balance. (55 min.)

Tai Chi (NEW): Tai Chi is a 2,000 year old noncompetitive, self-paced system of gentle physical exercise that’s been shown to reduce stress and improve health, balance, and agility. It’s sometimes described as ‘mediation in motion’. (55 min.)

Zumba : Zumba provides participants with energetic music while strengthening the body and increasing range of motion through Latin dance-based movements. (55 min.)

Intervals : This class is packed with variety, and may include an aerobic and circuit training, core strengthening, balance/ coordination exercises, and many other offerings to make each class fun and interesting! (55 min)

*****Women on Weights WOW:** Class for women wishing to be more comfortable using free weights and exercise machines. Review basic exercises and techniques with additional focus on cardio nutrition, and flexibility. Pre-registration & fee required. Members \$35.00 2x/week; Non-Members 2x/week \$50.(60 min)

*****Triathlon Training Club:** Whether you are a seasoned triathlete or are interested in trying one out, this club is for you! Challenge yourself in this program, reach fitness goals and become prepared to complete a triathlon of any distance! (50 mins). (Members \$35.00, Non-Members \$65.00)

Silver Sneakers MSRoM (New): Is designed to increase strength, range of motion agility, balance, and coordination and to improve participates’ functional capacities, physical fitness level, and sense of well-being.

PiYo (New): Is an athletic blend of Pilates and yoga with a touch of dance.

Cardio Box: Upper body punches and lower body kicks combinations for an exciting cardio workout.

*****TRX Small Group Training (NEW):** The original body-weight-based training tool that builds strength, balance, flexibility and core stability for people of all fitness levels. (60min) (Members \$3.00 per class, Non-Members \$5.00 per class)

YHEALTH & WELL-BEING

Fitness Schedule

Spring I: Feb 22—April 11
Monroe County YMCA

The Monroe County YMCA’s Adult Fitness and Specialty Classes offer a variety of programs created for the beginner to advanced level individual.

This brochure offers a description of all our fitness and specialty classes scheduled for Spring I.

*****Specialty class prices vary. Please see our Service Center for additional information.**

- **Members: All classes are free for full members with the exception of Shudo-kan Karate and Women on Weights.**
- **Non-members fees:**
 - 1 Class per week: \$27**
 - 2 Classes per week \$35**
 - 3 Classes per week: \$50**
- **TRX : Members \$3.00 per class
Non-Members \$5.00 per class**



YMCA of
Southwest Illinois

We build strong kids, strong families, strong communities.