



Group Exercise

COLLINSVILLE MARYVILLE TROY YMCA
Spring I Session: February 20th-April 8th

AM CLASSES					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PowerPump 5:30-6:15	Yoga 5:15-6:15	Y Cycling* 5:30-6:15	Run Club 5:30-6:30	PiYo®* 5:30-6:15	Run Club 7:00-9:00
	Run Club 5:30-6:30				
		Yoga* 8:00-9:00		Yoga* 8:00-9:00	Y Cycling* 8:00-8:45
PowerPump 8:45-10:00	TurboKick®* 9:00-10:00	PowerPump 9:00-10:15	Zumba®* 9:00-10:00	Step & Sculpt* 9:00-10:00	TurboKick®* 9:00-10:00
Yoga* 10:00-11:00	SilverSneakers® 10:10-11:00		SilverSneakers® 10:10-11:00		PowerPump 10:05-11:05

PM CLASSES					
Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Run Club (Lobby) 5:30-6:30	Y Cycling* 4:30-5:15	Yoga Stretch (beg) 5:00-5:45	Y Cycling* 4:30-5:15		Zumba®* 3:45-4:45
Zumba®* 6:00-7:00	PowerPump 5:30-6:30	Zumba®* 6:00-7:00	PowerPump 5:30-6:30	Y Cycling* (Advanced) 5:30-6:25	
Yoga 7:00-8:00	Y Cycling* (Advanced) 6:40-7:25		Step Aerobics 6:40-7:40	Zumba®* 6:30-7:30	
*Denotes classes that are teen/tween friendly (10+ years). Adult supervision must be present and participating.					

Class Attendance Policy: There must be at least 2 participants present and ready to participate by 15 minutes past the designated class start time for the class to run. If there are 0-1 participants ready to participate in class by 15 minutes past the designated start time, the class will be cancelled for the day and will resume as scheduled the following week unless otherwise noted on the schedule.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Class Descriptions

Y Cycling—Cycle your way to fitness and improve muscle tone and endurance with this customizable, fun, challenging class that uses stationary bikes, upbeat music, and motivating instruction for an invigorating cardiovascular workout.

TurboKick—This movin' and groovin' class uses choreographed martial arts movements in a low or high impact format to punch, kick, and groove away the calories in this super fun, effective cardiovascular workout.

PowerPump—Strengthen, define, and tone every muscle using the “body bar” for a complete strength training workout.

Yoga—Restore yourself and find balance through yoga. Increase strength, improve posture and reduce day to day stress.

Beginner Yoga Stretch—This low intensity yoga class focuses on strength, balance, and posture through gentle stretching and yoga stretches.

PiYo—PiYo brings you Pilates and Yoga fusion for people who need a mind/body class that is about more than just stretching. This class offers progressions and modifications to meet all fitness levels.

SilverSneakers—This low impact/chair aerobics class is a combination of strength training, cardiovascular, and flexibility exercises designed for older adults.

Run Club (Red9Runners)—Whether you're new to running, looking to improve your pace, or have your sights set on a race, come and enjoy some camaraderie while sharing your love of running with others! Led by certified running coach.

Zumba—This class combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

Step Aerobics— This classic class utilizes the “step” to step your way into fitness.

Step & Sculpt— This classic class utilizes the “step” to step your way into fitness, and utilizes weight training to sculpt and improve muscle strength and endurance.