



Group Exercise

DOWNTOWN BELLEVILLE YMCA

February 20th-April 8th

STUDIO 1					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp*[§] 7am-8am Morgan		Bootcamp*[§] 7am-8am Morgan			Y Cycling 8:00-9:00 AM Jen
Step (Int.) 9:00-10:00 AM Barb	Y Cycling 9:00-9:45 AM Dawn	Step (Int.) 9:00-10:00 AM Dawn	Y Cycling 9:00-9:45 AM Colleen	Crosstraining 9:00-10:00 AM Barb	Zumba (Toning) 9:00-10:00 AM Edith
Y Cycling 11:10-11:55 AM Amy	Bodyworks 10:00-11:00 AM Dawn	Y Cycling 11:10-11:55 AM Colleen	Bodyworks 10:00-11:00 AM Colleen		Zumba (Dance) 10:00-11:00 AM Edith
Kettlebells 12:10-12:55 PM Mary		Kettlebells 12:10-12:55 PM Barb		Y Cycling 11:10-11:55 AM Colleen	
PowerPump 5:30-6:30 PM JoAnna	Y Cycling Andrea/Katie 5:00-6:00 PM	PowerPump 5:30-6:30 PM Beth Ann	Crosstraining 5:00-6:00 PM Beth B.		
Fitness Yoga 6:45-7:30 PM Amy S.	Y.A.P. 6:10-7:00 PM JoAnna	Fitness Yoga 6:45-7:30 PM Beth Ann	Y.A.P. 6:10-7:00 PM Jen		
	Y Cycling 7:15-8:00 PM JoAnna		Y Cycling 7:15-8:00 PM Jen		
STUDIO 2					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Bodyworks 8:00-8:50 AM Edith
A.O.A 9:00-9:45 AM Geneva	TRX*[§] (Body Blast) 8:45-9:45 AM Colleen	A.O.A 9:00-9:45 AM Mary	TRX*[§] (Body Blast) 8:45-9:45 AM Dawn	A.O.A 9:00-9:45 AM Colleen	Y.A.P. 9:10-10:10 AM Jen
Y.A.P. 10:05-10:35 AM Barb		Y.A.P. 10:05-10:35 AM Dawn		Y.A.P. 10:05-10:35 AM Barb	TaeKwonDo*[§] 12:30-2:30 PM
	Pilates with RINGS 11:10-12:00 PM Jill		Pilates with Rings 11:10-12:00 PM Colleen		
Fitness Yoga 12:10-12:55 PM Amy		Fitness Yoga 12:10-12:55 PM Colleen		Yoga (Relax) 12:10-12:55 PM Colleen	
	Kettlebells 5:00-6:00 PM Kathy		Kettlebells 5:00-5:50 PM Kathy		
	TaeKwonDo*[§] 6:10-9:00 pm		TaeKwonDo*[§] 6:10-9:00 pm		

*-Denotes that REGISTRATION IS REQUIRED before attending class

§ Denotes that there is a fee for this class for members and nonmembers.



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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.

Cardio Kickbox-This class uses 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.

Crosstraining-This class is packed with variety, providing benefits both physically and mentally. It may include kickboxing, step, classic aerobics, circuit training, or any combination of these.

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

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

Y.A.P. (Yoga, Abs, Pilates) - 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.

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

Bodyworks- Using weights, balls, and resistance tubes you will target and tone the entire upper and lower body, as well as the abdominals. This is a great class to tighten and tone problem areas.

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

TRX Suspension Training \$-The original bodyweight-based training tool that builds strength, balance, flexibility, and core stability for people of all fitness levels.

Kettlebells – This traditional cast-iron weight that resembles a cannonball with a handle, is an effective tool in increasing strength, endurance, and flexibility in legs, hips, shoulders with functional training. **Class is FREE to members, but registration is required!**

Bosu – Put the fun back into fitness with this total body workout! Work your core while getting your heart pumping and strengthening major muscle groups.

Step (Intermediate) – For those individuals familiar with the step and ready for a powerful workout! Upper body and abdominal work will be included.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY