


## Clippard Family YMCA Group Fitness Schedule June 2nd-August 30th

|          | Monday            | Tuesday            | Wednesday         | Thursday             | Friday            | Saturday  | Sunday  |
|----------|-------------------|--------------------|-------------------|----------------------|-------------------|---|---|
| 5:45 AM  | PILATES           |                    | PILATES           |                      |                   |   |   |
| 6:00 AM  | Susan L.          |                    | Susan L.          |                      |                   |   |   |
| 6:15 AM  | 5:45-6:45         |                    | 5:45-6:45         |                      |                   |   |   |
| 6:30 AM  |                   |                    |                   |                      |                   |   |   |
| 6:45 AM  |                   |                    |                   |                      |                   |   |   |
| 8:15 AM  |                   |                    |                   |                      |                   |   |   |
| 8:30 AM  | CARDIO            |                    | CARDIO            |                      | CARDIO            | STEP&SCULPT   |  <p style="font-size: small;">We build strong kids,<br/>strong families,<br/>strong communities.</p> |
| 9:00 AM  | Connie 8:30-9:15  | STRENGTH           | Connie 8:30-9:15  | STRENGTH             | Connie 8:30-9:15  | Stacey<br>8:30-9:30   |   |
| 9:15 AM  | STRENGTH          | Karen E. 8:45-9:30 | STRENGTH          | Karen H. 8:45-9:30   | STRENGTH          | PILATES   |   |
| 9:30 AM  | Connie 9:15-9:45  |                    | Tammy 9:15-9:45   |                      | Connie 9:15-9:45  | Beth<br>9:30-10:30  |   |
| 9:45 AM  | STEP              | CARDIO COMBO       | STEP              | CARDIO COMBO         | STEP              |   |   |
| 10:00 AM | Tammy             | Karen E.           | Tammy             | Karen H.             | Tammy             |   |   |
| 10:15 AM | 9:45 - 10:30      | 9:30-10:30         | 9:45 - 10:30      | 9:30-10:30           | 9:45-10:30        |   |   |
| 10:30 AM | CORE&BALL         |                    | PILATES           |                      | PILATES           | KICKBOXING  |   |
| 11:00 AM | Tammy 10:30-11:00 | SILVER SNEAKERS II | Tammy 10:30-11:30 | SILVER SNEAKERS II   | Tammy 10:30-11:30 | Karen E.<br>10:30-11:30   |   |
| 11:30 AM | STEP 101 11-11:30 | Nora 10:30-11:30   |                   | Karen H.10:30-11:30  |                   |   |   |
| 12:00 PM |                   | BALANCE&STABILITY  |                   | BALANCE&STABILITY    |                   |   |   |
| 12:30 PM |                   | Nora 11:30-12:00   |                   | Karen H. 11:30-12:00 |                   | STEP & SCULPT<br>Sue 12:30-1:30   |   |
| 1:00 PM  |                   | SILVER SNEAKERS I  |                   | SILVER SNEAKERS I    |                   | ZUMBA   |   |
| 1:30 PM  |                   | Nora 12:00-1:00    |                   | Karen H. 12:00-1:00  |                   | Christian 1:30-2:30   |   |
| 5:00 PM  |                   |                    |                   |                      |                   |   |   |
| 5:15 PM  |                   |                    |                   |                      |                   |   |   |
| 5:30 PM  | KICKBOXING        | ON THE BALL        | KICKBOXING        | ON THE BALL          |                   |   |   |
| 5:45 PM  | Jean              | Linda              | Jean              | Jean                 |                   | <p><b>**On The Ball has moved to 5:30pm T&amp;Th</b></p> <p><b>** Zumba has been added to T&amp;Th 7:30pm</b></p> <p><b>**No Fri 5:30pm Zumba</b></p> |   |
| 6:00 PM  | 5:30-6:15         | 5:30-6:15          | 5:30-6:15pm       | 5:30-6:15            |                   |   |   |
| 6:15 PM  | STEP & SCULPT     | STEP               | PILATES           | STEP                 |                   |   |   |
| 6:30 PM  | Karen E.          | Stacey             | Beth              | Sue S.               |                   |   |   |
| 6:45 PM  | 6:15-7:15         | 6:15-7:00          | 6:15-7:15         | 6:15-7:00            |                   |   |   |
| 7:00 PM  |                   | STRENGTH           |                   | STRENGTH             |                   |   |   |
| 7:15 PM  | YOGA              | Stacey 7:00-7:30   | YOGA              | Sue S. 7:00-7:30     |                   |   |   |
| 7:30 PM  | Brenda            | ZUMBA              | Cathy             | ZUMBA                |                   |   |   |
| 8:00 PM  | 7:15-8:15         | Kim                | 7:15-8:15         | Trina                |                   |   |   |
| 8:15 PM  |                   | 7:30-8:25          |                   | 7:30-8:25            |                   |   |   |
| 8:30 PM  |                   |                    |                   |                      |                   |   |   |

\* ALL CLASSES ARE FREE TO MEMBERS.  
\*\*\*SCHEDULE SUBJECT TO CHANGE

Updated 5/26/08

## GROUP FITNESS

All group fitness classes are “drop in”, no registration is necessary and free to members. Program Participants may purchase Group Fitness Punch Cards.

**Fees:** Free/Member  
\$75/Program Participants/15 visits

### STRENGTH CLASSES

Focuses on muscle toning and strengthening exercises.

#### SCULPT

Class concentrates on upper and lower body, abs and back, hand weights, bands and tubing.

#### STRENGTH

Class designed to provide a well rounded workout.

#### CORE

Class includes exercises to work the abs, obliques, back and glutes.

#### ON THE BALL

Class will use the stability ball to work the stabilizing muscles of the abs and back. A good overall workout.

#### BALANCE & STABILITY

Strengthen your inner core for better balance & stability.

### CARDIO CLASSES

Classes emphasize increasing your heart rate to burn calories.

#### CARDIO

Class offers both high, mid and low impact options, performed to music.

#### ZUMBA (NEW)

Latin-based dance and fitness class. All levels welcome. No previous dance experience required. Shake your bon bon.

#### STEP

Aerobic class that uses a step as you perform combinations to music. (Monday-Circuit; Friday-Interval)

#### KICKBOXING

Aerobic class that uses a variety of movements from Kickboxing to get you moving.

#### GROUP CYCLING

Class is a moderate to high intensity, non-impact cardiovascular workout. Towel and water bottle are required for entry into class.

#### GROUP CYCLING 101 (NEW)

For newcomers to cycling who want a challenging 30-minute workout at the same time.

#### SILVER SNEAKERS II

Senior workout. Class offers varied intensities (based on participants' ability) to achieve cardiovascular benefits.

### COMBINATION CLASSES

Classes are designed to mix cardio and strength training workouts.

#### CARDIO EXPRESS (NEW)

Save time with this 45-minute cardio and strength class. Formats will vary to keep your workout fresh and exciting.

#### INTERVALS

Cardio class that changes between high and low intensity aerobic exercises.

#### CIRCUIT

Class that combines cardio workout with intervals of strength training.

#### STEP & SCULPT

Combines cardio step class with muscle conditioning sculpt class.

#### CARDIO COMBO

Varied cardio and strength class formats.

#### SILVER SNEAKERS I

Senior Workout. A combination of seated and standing exercises will be used. Intensity will vary with your ability.

### FLEXIBILITY CLASSES

Classes focus on stretching, toning and relaxation exercises.

#### YOGA

Class concentrates on flexibility, balance and relaxation through yoga movements.

#### PILATES

Class combines stretching, toning and balance using Pilates based exercises.

### INSTRUCTIONAL CLASSES

Classes that help the new user learn steps and class format before they attend a formal group fitness class.

#### STEP 101

A welcoming environment to help you on your way to regular attendance at our step classes. This is not an exercise class.

**Note: Times and programs may vary.**