


## Clippard Family YMCA Group Fitness Schedule July 2nd-August 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	PILATES Karen Y.		PILATES Karen Y.				
6:00 AM	Karen Y.		Karen Y.				
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, strong families, strong communities.</p>
9:00 AM	Connie 8:30-9:15	STRENGTH	Connie 8:30-9:15	STRENGTH	Connie 8:30-9:15	Stacey	
9:15 AM	STRENGTH	Karen E. 8:45-9:30	STRENGTH	TBA 8:45-9:30	STRENGTH	8:30-9:30	
9:30 AM	Connie 9:15-9:45	CARDIO COMBO Karen E.	Tammy 9:15-9:45	CARDIO COMBO TBA 8:45-9:30	Connie 9:15-9:45	PILATES	
9:45 AM	STEP		STEP		STEP	Beth	
10:00 AM	Tammy	Karen E.	Tammy	TBA 8:45-9:30	Tammy	9:30-10:30	
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	SILVER SNEAKERS	PILATES	SILVER SNEAKERS	PILATES	KICKBOXING	
11:00 AM	Tammy 10:30-11:00	CARDIO CIRCUIT	Tammy 10:30-11:30	CARDIO CIRCUIT	Tammy 10:30-11:30	Karen E.	
11:30 AM	STEP 101 11-11:30	Nora 10:30-11:30		Karen 10:30-11:30		10:30-11:30	
12:00 PM		SILVER SNEAKERS		SILVER SNEAKERS			
12:30 PM		MSROM		MSROM			
1:00 PM		Nora 11:30-12:30pm		Karen 11:30-12:30pm			STEP & SCULPT Sue 12:30-1:30
1:30 PM							ZUMBA
4:30 PM							Christian 1:30-2:30
5:00 PM							
5:30 PM	KICKBOXING		KICKBOXING				
5:45 PM	Jean		Jean				
6:00 PM	5:30-6:15		5:30-6:15pm				
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	Melissa	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 6/29/09

Please see flyer July 4th Class Schedules

## **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 Participant Session Pass

## **STRENGTH CLASSES**

Focuses on muscle toning and strengthening exercises.

### **STRENGTH**

Class designed to provide a well rounded workout.

### **CORE**

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

## **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**

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**

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

### **SILVER SNEAKERS CARDIO CIRCUIT**

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.

### **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 MSROM**

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.**