

CLASS DESCRIPTIONS

BAND BURN - Tighten/Tone your Total Body with a strength band.

BARRE FITNESS - Mix elements of Pilates, dance, yoga and functional training.

BODY SCULPTING - A full body resistance workout using bands, hand weights and balls.

BURN - Improve your core and burn up your abs. Get a total body workout with some cardio workouts.

CHAIR YOGA - Modifies yoga while sitting in a chair, targeting basic body mechanics and posture.

CIRCUIT/CARDIO/CORE - This class has it all. GET READY TO START YOUR DAY!

CYCLE (ALL LEVELS) - Come ride through hills, flats and mountains! Great class for all levels.

DRUM FITNESS - SWEAT. Sculpt and rock out with us. Powerful beat and rhythm of drums and workout balls.

ENHANCE FITNESS - Evidenced based physical activity program beneficial for older adults living with arthritis. Prior fitness test is required before session starts.

FITNESS YOGA - The principle of traditional yoga with a challenge.

LINE DANCING - Line Dancing isn't just country/western anymore! This class will keep you moving and grooving with fun dance steps performed to a variety of music. Line dancing is both fun and great exercise!

STRENGTH TRAIN TOGETHER (MOSSA Strength Train Together) - Blast your muscles, Dynamic music, Complete body workout.

POWER STEP/CARDIO STEP UP - Cardio, power, strength, balance, and agility training.

PILATES - Incorporate strength with focus on abdominal and back workout.

SILVER SNEAKERS - Class that incorporates friends, fitness, and fun! Combine strength and cardio with chairs.

STEP-UP CLASSES - Combination of cardio steps and strength training. Good for all levels.

RIP N RIDE CYCLE - Lots of energy and excitement. Incorporate weights and bands leaving with a full body workout.

TABATA - Enjoy work/rest intervals... always more work than rest!!!

TAI CHI - Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing in accordance to Chinese tradition.

TREADMILL CIRCUIT - Cardio with strength training

VETERAN'S YOGA - Membership not necessary. All Veteran's are welcome.

YOGA (ALL TYPES) - Focus on improving your flexibility, strength, and balance as your mind is challenged.

ZUMBA - Are you ready to shake your hips in this Latin style dance fitness class? Can be low to high impact and tons of fun while working the entire body targeting your arms, core, glutes, and legs.

AQUACISE - A fun and refreshing way to get in shape, these classes tone & firm, working on cardiovascular fitness and flexibility in a medium that's easy on the joints. Swimming skills are not necessary to join these classes.

AQUA POWER - Join us for a more intense workout utilizing different formats and equipment focusing on strength, toning, cardiovascular, and core fitness.

AQUA TABATA - Circuit training, High Intensity Interval Training (HIIT), etc.

ARTHRITIC - Aquacise

H2O TABATA - Enjoy work/rest intervals... always more work than rest!!!

BOGAFIT - Builds strength, deepens flexibility, and improves balance & coordination through movements on a boga board. (See cover picture)

WATER LINE DANCING - Do you like to dance? Improve your balance, strength and flexibility.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WELLNESS



GROUP EXERCISE
SCHEDULE
TRY A CLASS TODAY!

LEGEND

Group Exercise Studio	GX
Cycle Studio	CS
Wellness Center	WC
Lap Pool	LP
Family Pool	FP

*Drum Fitness

1st and 3rd Thursday of the month

*Line Dancing

2nd and 4th Thursday of the month

*Water Line Dancing

1st & 3rd Fridays of the Month

POOL NOTES

- Please shower before swimming.
- Note that classes may be canceled or combined due to lack of enrollment.
- The pools will be closed in the event of severe weather, or if there is thunder and lightning in the area. Lessons are not canceled, but will move to other areas of the building to participate in water safety and rescue discussion.



Are you interested in teaching a group exercise class?

Please contact:
Bonnie Barrett-Fose, Group Exercise Coordinator
785.825.2151 bbarrett@salinaymca.org

TIME	MON	INST	RM	TIME	THUR	INST	RM
5:00-6:15 AM	Circuit/Core/Cardio	Bonnie	WC	5:15-6:15 AM	Rip N Ride Cycle	Bonnie	CS
5:05-6:00 AM	Band Burn	Terri	GX	6:30-7:15 AM	Aqua Power	Sharon	LP
6:05-7:05 AM	Core & More Yoga	Carol	GX	6:35-7:20 AM	Bal/Strength Yoga	Carol	GX
8:30-9:15 AM	Pilates	Ellen	GX	8:00-8:45 AM	Aquacise	Laura	FP
8:30-9:15 AM	Aquacise	Laura	LP	8:30-9:00 AM	Cycle	Melissa	CS
9:30-10:30 AM	Body Sculpting	Angie	GX	9:00-9:45 AM	Fitness Yoga	Ellen	GX
10:45-11:45 AM	Enhance Fitness	Monty	GX	10:00-10:45 AM	Silver Sneakers	Monty	GX
10:45-11:30 AM	Aqua Power	Tami	LP	10:00-11:00 AM	Strength Train	Hope	WC
12:15-12:45 PM	Yoga	Audrey	GX	11:00-11:30 AM	Tai Chi	Leslie	GX
4:30-5:30 PM	The Burn	Stacy	GX	5:00-5:45 PM	Arthritis Aquacise	Susan	FP
5:15-6:15 PM	Rip N Ride Cycle	Bonnie	CS	4:30-5:30 PM	Power Step Intervals	Joan	GX
5:15-6:00 PM	Aqua Power	Rita	FP	5:35-6:35 PM	*Drum Fitness	Kaitlyn	GX
5:35-6:35 PM	Zumba	Amy	GX	5:35-6:35 PM	*Line Dancing	Roxann	GX
6:40-7:40 PM	Drum Fitness	Kaitlyn	GX	6:15-7:15 PM	Veteran's Yoga	Melaine	CS
7:00-7:45 PM	Boga	Lynn	LP				

TIME	TUES	INST	RM	TIME	FRI	INST	RM
5:15-6:00 AM	Wake Up Yoga	Amy	GX	5:00-6:15 AM	Treadmill Circuit	Bonnie	WC
5:15-6:15 AM	Rip N Ride Cycle	Bonnie	CS	5:05-6:00 AM	Drum Fitness	Terri	GX
6:30-7:15 AM	Aqua Power	Sharon	LP	6:35-7:20 AM	Yin/Yang Fusion Yoga	Carol	GX
6:35-7:20 AM	Rise & Shine Yoga	Carol	GX	8:30-9:15 AM	Barre Fitness	Shelby	GX
8:00-8:45 AM	Aquacise	Laura	FP	8:30-9:15 AM	Aquacise	Yvonne	LP
8:30-9:00 AM	Cycle	Melissa	CS	9:30-10:30 AM	Body Sculpting	Cheryl	GX
9:00-9:45 AM	Fitness Yoga	Ellen	GX	10:00-10:45 AM	Boga	Hope S	LP
10:00-10:45 AM	Silver Sneakers	Monty	GX	10:45-11:45 AM	Enhance Fitness	Instructor	GX
10:00-11:00 AM	Strength Train	Hope	WC	10:45-11:30 AM	Aqua Power	Laura	LP
11:00-11:30 AM	Chair Yoga	Ellen	GX	11:35-12:35 PM	*Water Line Dancing	Roxann	LP
12:15-12:45 AM	Yoga	Ellen	GX	12:15-12:45 PM	Yoga	Audrey	GX
4:30-5:30 PM	Power Step Intervals	Joan	GX	4:30-5:30 PM	Strength Train	Stacy	GX
5:00-5:45 PM	Arthritis Aquacise	Susan	FP				
5:35-6:35 PM	Strength Train	Ellen	GX				
6:40-7:15 PM	Line Dancing	Tanya	GX				

TIME	WED	INST	RM	TIME	SAT	INST	RM
5:00-6:15 AM	Treadmill Circuit	Bonnie	WC	7:30-8:30 AM	Circuit/Cardio/Core	Bon/Cher	WC
5:05-6:00 AM	Power Step Intervals	Terri	GX	8:30-9:15 AM	Boga	Terri	LP
6:05-7:05 AM	Wed Warrior Yoga	Carol	GX	8:45-9:45 AM	Rip N Ride Cycle	Bon/Cher	CS
8:30-9:15 AM	Aquacise	Laura	LP	9:00-10:00 AM	Yoga	Amy	GX
8:30-9:15 AM	Barre Fitness	Shelby	GX	10:00-11:00 AM	Zumba	Amy	GX
9:30-10:30 AM	Body Sculpting	Angie	GX				
10:45-11:45 AM	Enhance Fitness	Bill	GX				
10:45-11:30 AM	Aqua Power	Tami	LP				
12:15-12:45 PM	Yoga	Audrey	GX				
4:30-5:30 PM	Tabata	Stacy	GX				
5:15-6:00 PM	H2O Tabata	Rita	FP				
5:30-6:30 PM	Cycle	Karl	CS				
5:30-6:15 PM	Boga	Terri	LP				
5:35-6:35 PM	Zumba	Angelina	GX				

TIME	SUN	INST	RM
11 AM-12 PM	Integrated Yinyasa	Melody	GX