



# GROUP EX SCHEDULE

Salina Family YMCA

Begins 1.30.23

MON	TUES	WED	THURS	FRI	SAT
5:10-6:10 am Strength Train - GX Carly	5:10-6:10 am Cycle - CS Terri	5:10-6:10 am Body Sculpting - GX Terri	4:45-5:30 am Cycle - CS Lorelle	5:10-6:10am Drum Fitness - GX Yesica	
8:00-8:45 am Aquacise - LP Cynthia	6-645 a.m. Yoga for Active Agers Carol GX	8:00-8:45 am Aquacise - LP Cynthia	6-645 a.m. Yoga for Active Agers Carol GX	8:00-8:45 am Aquacise - LP Cynthia	9:00-9:45 am BOGA** - LP Kim
8:30-9:00 am Pilates - GX Ellen		8:30-9:00 am Pilates - GX Ellen			Offered select Saturdays. Check online for dates
9:00-9:30 am Blast & Burn - WC Natalie			8:30-9:15 am Cycle Together- CS Ellen		9:00-9:45 am Yoga - GX TBA
9:15-10:15 am Body Sculpting - GX Angie	9:00-9:45 am Yoga - GX Ellen	9:15-10:15 am Body Sculpting - GX Angie	9:00-9:45 am Yoga - GX Leah	9:15-10:15 am Body Sculpting - GX Angie	9:00-9:45 am Cycle - CS Cheryl
10:30-11:15 am Silver Sneakers - GX Marilyn	10:00-11:00 am Tabata - GX Stacy	10:30-11:15 am Silver Sneakers - GX Marilyn	10:30-11:15 am Silver Sneakers - GX Bill	10:30-11:15 am Silver Sneakers - GX Marilyn	10:00-11:00 am See Flier- GX
11:00-11:45 am Aqua Power - LP Kim		11:00-11:45 am Aqua Power - LP Kim		11:00-11:45 am Aqua Power - LP Kim	
11:30-11:50 am Chair Yoga - GX Marilyn		11:30-11:50 am Chair Yoga - GX Ellen			
12:15-12:45 pm Yoga - GX Audrey	12:00-1:00 pm Cycle - CS Melissa	12:15-12:45 pm Yoga - GX Ellen		12:15-12:45 pm Cycle 30 - CS Ellen	
12:15-12:45 pm BOGA** - LP Kim		12:15-12:45 pm BOGA** - LP Kim			
	2:00-3:00 pm Parkinsons Exercise - GX Ellen		2:00-3:00 pm Parkinsons Exercise - GX Ellen		
4:30-5:20 pm The Burn - GX Stacy	4:30-5:20 pm Step Intervals - GX Joann	4:30-5:20 pm Tabata - GX Stacy	4:30-5:20 pm Step Intervals - GX Joann	4:30-5:30 pm Strength Train - GX Stacy	
4:45-5:30 pm Aquacise - LP Rita		4:45-5:30 pm Aquacise - LP Rita			
5:30-6:15 pm Yoga - SP Ellen		5:15-6:15 pm Cycle - CS Cheryl			
5:30-6:30 pm Cycle Together - CS Marisol	5:35-6:35 pm Strength Train - GX Ellen	5:30-6:15 pm Yoga - SP Ellen	5:35-6:35 pm Strength Train - GX Carly		
5:35-6:35 pm Cardio Dance - GX Kaitlyn	6:45-7:30 pm Line Dancing - GX Marilyn	5:35-6:35 pm Zumba - GX Kaitlyn	6:45-7:30 pm Line Dancing - GX Marilyn		
6:40-7:40 pm Drum Fitness - GX Yesica		6:40-7:40 pm Yoga Body Sculpt- GX Elizabeth			

## LEGEND

- \*\* Must register for class.
- GX Group Exercise Studio
- CS Cycle Studio
- SP Sports Performance Studio
- LP Lap Pool
- FP Family Pool
- WC Wellness Center



# CLASS DESCRIPTIONS

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

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

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

**Cardio Dance**- Groove to the beat with a variety of music and easy to follow steps

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

**CYCLE TOGETHER - (MOSSA CLASS)** A huge calorie burner that builds great-looking legs in 60-minutes!

Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish!

**CYCLE 30 - (MOSSA CLASS)** Get moving and feeling better in only 30-minutes. It's a cardio workout that is easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness.

**DRUM FITNESS** - Sweat, sculpt, and rock out with us! Powerful beat to the rhythm of the music on yoga ball drums.

**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.

**STRENGTH TRAIN - (MOSSA CLASS)** Blast your muscles to dynamic music during this complete body workout using several types of weights.

**POWER STEP INTERVALS** - Cardio, power, strength, balance and agility training all in one!

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

**Parkinsons Exercise** - FREE community class for those diagnosed with Parkinson's Disease.

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

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

**YOGA BODY SCULPT**- Strengthen your body and mind with use of weights in yoga poses.

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

**YOGA for Active Agers: Beginner to Int.** class focused on poses to help you improve everyday movements that become challenging as we age, such as balancing, getting up and down, and reaching. All ages!

**ZUMBA** - Ready to shake your hips in this Latin style dance fitness class? Can be low to high impact and tons of fun while targeting your arms, core glutes, and legs.

**AQUACISE** - A fun and refreshing way to get in shape, these classes tone and 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.

**BOGA** - BOGA builds strength, deepens flexibility, and improves balance and coordination through movements on the BOGA board, classes can be tailored and modified for a variety of fitness levels.

**\*\*BOGA is a free class, but requires advanced sign up due to limited boards.**