GROUP EXERCISE

SALINA FAMILY YMCA • EFFECTIVE October 30

Mon	Tue	Wed	Thur	Fri	Sat
5:10–6:10 am STRENGTH TRAIN – GX Instructor: Carly	5:10–6:10 am CYCLE – CS Instructor: Terri	5:10–6:10 am BODY SCULPTING – GX Instructor: Terri	5:15–6:00 am PRAISE & PEDAL – CS Instructor: Annie	5:10–6:10 am DRUM FITNESS – GX Instructor: Terri	
8:00–8:45 am AQUACISE – LP Instructor: Cynthia	6:00–6:45 am YOGA FOR AA – GX Instructor: Macy	8:00–8:45 am AQUACISE – LP Instructor: Cynthia	6:00–6:45 am YOGA FOR AA – GX Instructor: Macy	8:00–8:45 am AQUACISE – LP Instructor: Cynthia	
8:30–9:00 am PILATES – GX Instructor: Stacy		8:30–9:00 am PILATES – GX Instructor: Cheryl		8:30–9:00 am PILATES – GX Instructor: Cheryl	7:45–8:45 am CYCLE – CS Instructor: TBA
	9:00–9:45 am YOGA – GX Instructor: TBA		9:00–9:45 am YOGA – GX Instructor: Macy		9:00–9:45 am YOGA– GX Instructor: Amy
9:15–10:15 am BODY SCULPTING –GX Instructor: Angie	10:00–11:00 am TABATA – CS Instructor: Stacy	9:15–10:15 am BODY SCULPTING – GX Instructor: Angie		9:15–10:15 am BODY SCULPTING – GX Instructor: Angie	
10:30–11:15 am SILVER SNEAKERS – GX Instructor: Marilyn	10:30–11:15 am SILVER SNEAKERS – GX Instructor: Marilyn	10:30–11:15 am SILVER SNEAKERS – GX Instructor: Marilyn	10:30–11:15 am ADVANCED SILVER SNEAKERS – GX Instructor: Kylee	10:30–11:15 am SILVER SNEAKERS – GX Instructor: Marilyn	10:00–11:00 am ZUMBA – GX Instructor: Amy
11:00–11:45 am AQUAPOWER – LP Instructor: Kim		11:00–11:45 am AQUA POWER – LP Instructor: Kim		11:00–11:45 am AQUA POWER – LP Instructor: Kim	
11:30–12:00 am CHAIR YOGA – GX Instructor: Marilyn	11:30–12:15 pm TAI CHI – GX Instructor: Susan	11:30–12:00 am CHAIR YOGA – GX Instructor: Ellen	11:30–12:15 pm TAI CHI – GX Instructor: Susan		
12:15–12:45 pm BOGA ** – LP Instructor: Guthrie		12:15–12:45 pm BOGA ** – LP Instructor: Kim		12:15–12:45 pm BOGA ** – LP Instructor: Kim	
12:15–12:45 pm YOGA – GX Instructor: Audrey	2:00–3:00 pm PARKINSONS EXERCISE – GX Instructor: Ellen	12:15–12:45 pm YOGA – GX Instructor: TBA	2:00–3:00 pm PARKINSONS EXERCISE – GX Instructor: Stacy		
4:30–5:25 pm THE BURN – GX Instructor: Stacy	4:30–5:25 pm STEP INTERVALS – GX Instructor: Joan	4:30–5:25 pm TABATA – GX Instructor: Stacy	4:30–5:25 pm STEP INTERVALS – GX Instructor: Joan	4:30–5:30 pm STRENGTH – GX Instructor: TBA***	
4:30–5:30 pm AQUACISE – FP Instructor: Rita		4:30–5:30 pm AQUACISE – FP Instructor: Rita			
5:30–6:30 pm CYCLE CS Instructor: Annie		5:30–6:30 pm CYCLE TOGETHER – CS Instructor: Ellen			
5:35–6:35 pm CARDIO DANCE – GX Instructor: Kaitlyn	5:35–6:35 pm STRENGTH TRAIN – GX Instructor: Ellen	5:35–6:35 pm ZUMBA Instructor: Amy	5:35–6:35 pm STRENGTH TRAIN – GX Instructor: Carly		
6:30–7:15 pm YOGA FLOW – CS Instructor: Amber	6:45–7:45 pm LINE DANCING – GX Instructor: Marilyn		6:45–7:45 pm LINE DANCING Instructor: Marilyn		
6:40–7:25 pm DRUM FITNESS – GX Instructor: Kaitlyn					

LEGEND

**	Must register for class.
***	Check in-house flyer for class
GX	Group Exercise Studio
CS	Cycle Studio
LP	Lap Pool
FP	Family Pool
WC	Wellness
AA	Active Agers

CLASS DESCRIPTIONS

ACTIVE- (MOSSA CLASS) Cardio, strength, balance and flexibility all in one hour. Dumbbells, bodyweight and fun!
BLAST & BURN – High cardio class for all levels. Combination of treadmill and muscle strength focus.
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.
DRUM FITNESS – Sweat, sculpt, and rock out with us! Powerful beat to the rhythm of the music on swiss 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.
POWER STEP INTERVALS – Cardio, power, strength, balance and agility training all in one!
PILATES – Incorporate strength with focus on abdominal and back workout.
PARKINSON'S 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.
STRENGTH TRAIN – (MOSSA CLASS) Blast your muscles to dynamic music during this complete body workout using several types of weights.
TABATA – Enjoy work/rest intervals...always more work than rest!!!
TAI CHI – Slow movement helps improve balance and fall protection.
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.
YOGA BODY SCULPT – Sculpt your body using small hand weights while in yoga poses.
AQUACISE – A fun way to get in shape, these classes tone, work on cardiovascular fitness 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.
SELF-LED AQUACISE – The instructor leaves a written plan that you can do at your own pace for a self-guided aquacise class.
CHECK OUR WEBSITE FOR ONLINE SCHEDULE!