



GROUP EX SCHEDULE

Salina Family YMCA

Begins 6.1.23

| 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 | |
| 8:30-9:00 am Pilates - GX Ellen | | 8:30-9:00 am Pilates - GX Ellen | | | |
| | | | | | 9:00-9:45 am Yoga - GX Amy |
| 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 Zumba- GX Amy |
| 11:00-11:45 am Aqua Power - LP Kim | 11:30-12:00 am Tai Chi - GX Susan | 11:00-11:45 am Aqua Power - LP Kim | 11:30-12:00 am Tai Chi - GX Susan | 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 | |
| | | | | | |
| | 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 | | | |
| | | 5:15-6:15 pm Cycle - CS Cheryl | | | |
| 5:30-6:30 pm Cycle Together - CS TBA | 5:35-6:35 pm Strength Train - GX Ellen | 5:35-6:35 pm Zumba - GX Amy | 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 | | 6:45-7:30 pm Line Dancing - GX Marilyn | | |
| 6:40-7:40 pm Drum Fitness - GX Yesica | | | | | |

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.**