



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

Cleveland Family YMCA
Winter 2019
Revised 1/07/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am (A) Body Burn	5:15 am (B) EXPRESS CYCLE ▲	5:15 am (A) Body Burn ▲	5:15 am (B) EXPRESS CYCLE ▲	5:15 am (A) Body Burn ▲	8:10 am (A) Muscle Max
5:45 am (B) Express AXT ▲	5:10 am (A) Muscle Max	5:45 am (B) EXPRESS AXT	5:10 am (A) Muscle Max	5:45 am (B) EXPRESS AXT	9:05 am (A) BODYPUMP EXPRESS
9:30 am (*see note) Running Club	8:05 am (B) ♥ Cycle	8:05 am (A) Muscle Max	8:05 am (B) ♥ Cycle	8:05 am (A) Muscle Max	10:00 am (A) Yoga
8:05 am (A) Muscle Max	8:05 am (A) AXT	8:05 am (B) ♥ Cycle	8:05 am (A) AXT	8:05 am (B) ♥ Cycle	10:00 am (MP Rm) YogaStretch
8:05 am (B) ♥ Cycle	9:00 am (A) Yoga	9:05 am (A) AIT	9:00 am (A) Yoga	9:05 am (A) AIT	10:15 am (B) Cycle
9:05 am (A) AIT	10:00 am (G) Zumba	9:30 am (*see note) Running Clu	10:00 am (G) Zumba	9:30 am * (see note) Running Club	11:15 am (A) Cardio Rotation (see box below)
10:00 am (G) Zumba Gold	10:00 am (YAC) AOA	10:00 am (G) Zumba Gold	10:00 am (YAC) AOA	10:00 am (G) Zumba Gold	
10:00 am (A) AOA	10:30 am (A) YogaStretch	10:00 am (A) AOA	10:30 am (A) YogaStretch	10:00 am (A) AOA	
11:15 am (A) Silver Sneakers	12:00 pm (A) BODYPUMP EXPRESS	11:00 am (MP Rm) Yogastretch	12:00 pm (A) BODYPUMP EXPRESS	11:00 am (MP) Yoga Stretch	
12:15 pm (A) ▲ Barbell Blast	3:30 pm (B) Pedal 4 Parkinson's	11:15 am (A) Silver Sneakers	3:30 pm (B) Pedal 4 Parkinson's	11:15 am (A) Silver Sneakers	
4:30 pm (A) ▲ Express AXT	4:30 pm (G) Dance2Fit	12:15 pm (A) Barbell Blast	4:30 pm (G) Dance2Fit	12:15 pm (A) ▲ Barbell Blast	
5:30 pm (A) Body Burn	4:40 pm (A) ▲ Express Body Burn	4:30 pm (A) ▲ Express AXT	4:40 pm (A) ▲ Express Muscle Max	5:00 pm (A) Zumba	
6:30 pm (A) BODYPUMP	5:30 pm (A) Turbo Kick	5:30 pm (A) Muscle Max	5:30 pm (A) Turbo Kick	5:30 pm (B) Express AIT	
6:30 pm (G) Zumba	5:45 pm (B) Spin & Sculpt	6:30 pm (A) BODYPUMP	5:45 pm (B) Spin & Sculpt		
6:30 pm (B) ♥ Cycle	6:30 pm (A) BODYPUMP EXPRESS	6:30 pm (G) Zumba	6:30 pm (A) BODYPUMP EXPRESS		
7:35 pm (A) Yoga		6:30 pm (B) ♥ Cycle			
		7:35 pm (A) Yoga			

***Cardio Rotation:**

- 1st & 3rd weeks – Dance2Fit
- 2nd, 4th – TurboKick
- 5th - AXT

- A= Aerobic Room
- B=Cycle Studio
- G= Youth/Family Gym
- MP – Multi-purpose Room
- *Running Club meets at front bike rack
- ♥= Zone Training Class
- ▲=Express Class (30 min)

Questions? Contact Ashley at

Group Exercise Class Descriptions

AIT	(Advanced Interval Training) This boot-camp style class combines intense intervals of cardiovascular exercises and strength work that will test your limits. The perfect mix of participant challenge and instructor motivation creates a dynamic workout.
AXT	(Aerobic X-Training) A variable intensity class incorporating fat-burning aerobic activity and resistance work utilizing body weight, resistance bands, steps, and/or dumbbells. The ideal class for people who love variety in their workouts.
AOA	(Active Older Adults) This class is designed to increase endurance and strength for easier daily function. Activities include exercises using light hand-held weights and elastic tubing combined with mild cardio intervals.
Barbell Blast	Group exercise strength training the functional way! High energy, heart pumping music, some barbells – combine them with a variety of functional equipment. Great and effective strength training workout!
Body Burn	A strength and cardio full-body workout using a variety of equipment and exercises to add muscle, endurance and torch calories. A high intensity class for the avid exerciser or those who want a challenge.
 BODYPUMP	A class for anyone looking to get lean, toned and fit – fast. Using light to moderate barbell weights with lots of repetition, BODYPUMP gives you a total body workout. BODYPUMP Express is a 45-minute workout. Members should arrive 10 min. before class to set up their equipment.
Cycle	An intense cardio workout on a stationary bike that is adjustable to provide a custom fit. Instructor provides motivating music and instructions. Participants can control the level of intensity on the bike. *New cyclists should arrive 10 min. before class for set up and instructions.
Dance2Fit	Get ready to shake it! This high energy dance class will give you a great cardio workout while learning fun, uncomplicated dance moves to your favorite current songs.
Express Classes▲	Various 30-minute classes from warm-up to cool down, created for busy individuals who value their health, but are pressed for time. Each class is designed to provide all the intensity of a longer workout, but in a fraction of the time.
Muscle Max	A class involving the use of various equipment and body weight as resistance to help increase muscle strength, definition, and bone density. No sustained aerobics in this class.
Pedaling4Parkinson's	A unique cycle class designed to improve the quality of life for Parkinson's patients and their caregivers. Participants must complete and provide a signed consent form and medical clearance form.
Running Club	Running is for everyone! Whether you are a beginner or race every weekend, this class has something to offer. Track workouts for sprinters, hills and distance, running drills, and everything else you need to start or improve your running plan. Come make friends (and bring yours) because running is more fun with a buddy!
Silver Sneakers@	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.
Spin & Sculpt	The perfect well-rounded workout! Challenge your cardio endurance with 20-30 minutes of high intensity cycle followed by 20-30 minutes of various strength training exercises to sculpt and shape your muscles.
STRONG by Zumba	Stop counting the reps. Start training to the beat. Strong by Zumba@ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every burpee, and every lunge is driven by music to help you make it to that last rep.
 Tone Up Fitness	The ultimate cardio kickboxing party! Tone muscle and torch fat with fun, rhythmic cardio kickboxing moves set to the latest, high-energy music. Getting fit can be fun!
Yoga	Develop strength, flexibility, and balance in your mind and body. This practice teaches you how to coordinate asanas (poses) with the breath and is known to improve the respiratory, circulatory, digestive, and hormonal systems. Yoga also helps establish emotional stability and clarity of mind. This class is for everyone and all levels are welcome!
Yoga Stretch	Increase flexibility, balance, muscular endurance, and mind-body training in a non-threatening, positive environment. Also learn to breathe more effectively and efficiently. All poses are performed either seated or standing. This class is designed for those who are intimidated and/or unfamiliar with exercise. Class motto: "Fitness, fun, and friends!"
 ZUMBA fitness	Ditch the workout. Join the party! Enjoy crazy fun dance aerobics to Latin music. Try it once and you'll be hooked!
Zumba Burst	Turn up the intensity, turn up the fun! A high-paced Zumba fitness class with bursts of HIIT (high intensity interval training) minus the "grunt" work – giving you what you crave and leaving you satisfied.
Zumba Gold	Zumba for beginners of all ages – it's exercise in disguise! A great place to learn your Zumba steps in a non-intimidating atmosphere.