



2019 Downtown YMCA Group Exercise Schedule

*Last modified 12/28/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 am (Studio A) Advanced Conditioning Shelly	6 am (Studio A) Boot Camp Laura P	6 am (Studio A) Cara	6 am (Studio A) Boot Camp Taylor	5 am (Studio A) Advanced Conditioning Shelly	9:15 am (Studio A) Rotating Instructor
6 am (Studio A) Cara	6 am (Studio B) Stephanie	6 am (Studio B) Yoga Lisa	7 am (Studio B) Pilates Michelle	6 am (Studio A) Jama	9:30 am (Studio B) Barre None Paige
6 am (Cycle) Cycle Karen	7 am (Studio B) Pilates Michelle	6 am (Cycle) Cycle Mike	8:30 am (Studio B) Yoga Rachel	6 am (Cycle) Cycle Mike	10:30am (Studio A) Boot Camp Randy
8:30 am (Studio B) Pilates Kelly B	8:30 am (Studio B) Yoga Charlotte	8:30 am (Studio B) Pilates Kelly B	9:30 am (Cycle) Cycle Bruno	8:30 am (Studio B) Pilates Bebe	10:30 am (Cycle) Rotating Instructor
8:45 am (Studio A) Jennifer W	9:30 am (Cycle) Cycle Bruno	8:45 am (Studio A) Tina/Shannon	9:30 am (Studio A) Pump Laura R	8:30 am (Studio A) PIYo™ (45 min) Stephanie	11 am* (Studio B) Zumba® Jennifer (90 min)
9:30 am (Studio B) Silver Sneakers Classic® Laura R	9:30 am (Studio A) Pump Louis	9:30 am (Studio B) SilverSneakers Classic® Bebe	10 am (Studio B) SilverSneakers Cardio Circuit® Paige	9:30 am (Studio B) SilverSneakers Classic® Paige	2 pm* (Studio B) Yoga Blan (75 min)
10 am (Studio A) Cardio Tabata (30 min) Sarah	10 am (Studio B) Zumba Gold® Jeannie	9:40 am (Studio A) Boot Camp (50 min) Kelly W	10:45 am (Studio A) MINDful Movement Beth/Paula	9:30 am (Studio A) Circuit Angelika	2 pm (Studio B) Yoga Blan/Margaret
10:30 am (Studio B) Silver Sneakers Classic® Mindi	11 am (Studio B) Gentle Yoga Rachel	10:30 am (Studio B) SilverSneakers Classic® Bebe	11 am (Studio B) SilverSneakers Yoga® Marie	10:30 am (Studio B) SilverSneakers Cardio Circuit® Paige	
10 am (Cycle) Jennifer W	12 pm (Studio A) Boot Camp Angelika	11:00 am (Studio A) Amy	12 pm (Studio A) Boot Camp Beth	10:45 am (Studio A) Angelika	
10:30 am (Studio A) PIYo™ Stephanie	12 pm (Studio B) Pilates Bebe	12 pm (Studio B) Yoga Howard	12 pm (Studio B) Pilates Bebe	12 pm (Studio A) Pump Misty	
12 pm (Studio A) Pump Beth	12 pm (Cycle) Cycle Karen	12 pm (Cycle) Cycle Marsha	12 pm (Cycle) Cycle Kelly W	12 pm (Cycle) Cycle Will	
12 pm (Cycle) Cara	1pm (Studio B) Barre None Rachel	12:30pm (Lobby) Outdoor Boot Camp (occurs outside) Beth	1pm (Studio B) Barre None Kelly B	1 pm (Studio B) Yin Yoga/Stretch Blan/Robin	
12pm (Studio B) WERQ Mindi	4:30 pm (Studio A) Circuit Louis	4:30 pm (Studio A) Muscle Max Sarah	4:30 pm (Studio A) Circuit Angelika		Room Codes: Studio A: Aerobics Studio B: Yoga Studio Studio C: Upstairs above Cycle studio All Cycle Classes are in the Spin Studio.
1 pm (Studio B) Slow Flow Yoga Blan	5:30 pm (Studio A) Cycle Kelly	5:30 pm (Studio A) HIIT Susan R	5:30 pm (Studio A) Stephanie		
4:30 pm (Studio A) Muscle Max Sarah	5:30 pm (Studio B) Zumba® Rotating Instructor	5:30 pm (Studio B) Pilates Teresa	5:30 pm (Studio B) Zumba® Renee		Pedaling for Parkinson's Please contact Laura Reynolds for more information 423-266-3766 or lreynolds@ymcachattanooqa.org
5:30 pm (Studio A) Boot Camp Angelika	5:30 pm (Studio A) Mary	5:30 pm (Cycle) Stephanie	5:30 pm (Cycle) Cycle Kelly W		
5:30 pm (Studio B) Zumba® Brittany	6:45 pm (Cycle) Tina	6:30 pm (Studio B) Yoga Blan	6:30 pm (Studio B) Yoga Susan L		MINDful Movements Please contact Beth Murphy for more information bmurphy@ymcachattanooqa.org
5:45 pm (Cycle) Cycle Sheridan	6:30 pm (Studio B) Yoga Amy				
6:30 pm (Studio B) Yoga Melissa	7:30 pm (Studio B) Barre None Paige				

Group Exercise Class Descriptions

ADVANCED CONDITIONING

Wake up and chase the burn with this high energy athletic training using a variety of equipment. Recommended to intermediate to advanced exercisers.



BODYPUMP® is the "original barbell" class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BARRE NONE

A combination of postures inspired by ballet, Yoga and Pilates. The barre is used as a prop for exercises focusing on isometric strength training (body is still while contracting a specific set of muscles), combined with high reps of small range-of-motion movements. May also incorporate light weights, as well as mats for targeted core work.

BOOT CAMP

A high energy class with intervals of strength, plyometrics, agilities, and cardio.

CARDIO TABATA

A form of interval training, an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods. Tabata is a form of cardiovascular exercise.

CIRCUIT

This cardio interval class combines dancing, kickboxing, step, and hi lo work out with muscular strength and resistance workout to strengthen every muscle group.

CYCLE

A virtual reality bike ride encompassing an all over body and cardiovascular workout.

GENTLE YOGA

This class is designed to revitalize your body, relax your mind, increase energy, and reduce stress. For beginners; people with back, joint, or heart problems, or experienced students who want a slower paced, less strenuous class.

HIIT

HIIT (High Intensity Interval Training) class offers segments of different types of cardio, strength and core based formats that can change every week. Each segment will be approximately 20 minutes long. If you are somebody who likes variety, then you will love the spontaneity of this class. Fusing together intensities and different types of exercises create intervals and variations that will help you get more fit!

MINDFUL MOVEMENT

This program is designed for individuals with dementia and their caregivers, ask the front desk for more information.

PEDALING FOR PARKINSON'S

The mission of Pedaling for Parkinson's is to improve the quality of life of Parkinson's disease patients, ask the front desk for more information.

PILATES

This unique class is designed to improve flexibility and strength in a non-impact, balanced system of body/mind control. Core strengthening and conditioning are also an integral part of this class

PiYo™

A unique class combining yoga and Pilates exercises designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Please bring your own mat to class.

PUMP

The ultimate class for functional strength. A complete body workout targeting each major muscle group using multiple joint moves, body weight exercises and isolating targeted muscles. It is mingled with bouts of cardio and plyometrics. Class includes constant variation to stimulate and recruit different muscle fibers.



RPM is a licensed and choreographed an indoor cycling class. The ride is set to the rhythm of motivating music, which takes you on various terrains, all led by a certified and inspiring coach. This ride is sure to get your heart rate up and burn serious calories.

MUSCLE MAX

A strength training class specifically weights and your own body weight to maximize your strength and define the muscles of your body. Each muscle group will get worked separately and by the time the class is over you will have gotten a full body workout. - be prepared to feel strong.

SILVERSNEAKERS CLASSIC®

Enjoy a variety of exercise while moving to music in this chair based program. The class is designed to increase endurance and strength which will assist in easier management of your functional daily routine. Activities include exercise using hand-held weights, elastic tubing and balls plus learning to stretch and relax.

SILVERSNEAKERS YOGA®

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SILVERSNEAKERS CARDIO CIRCUIT®

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.



The **TRX** training system is a revolutionary method of leveraged body weight exercise based on training done by the Navy Seals. A simple suspension system hangs from the ceiling and safely allows you to perform hundreds of different exercises. Y certified TRX instructors will take you through a group training protocol that helps you build power, strength, flexibility, balance, and mobility, all at an intensity you choose.

WERQ

WERQ is the fiercely fun dance fitness workout based on pop and hip-hop music.

YIN YOGA/STRETCH

Yin Yoga is a relaxed and mindful practice of floor postures characterized by sustained postures held for longer intervals, emphasizing the connective tissues of the hips, thighs, pelvis and lower spine.

YOGA

More athletes are discovering what the integrated mind-body approach to total wellness can do. Yoga will stretch and strengthen your body in a totally new way to help relieve tension from your body that blocks energy flow and makes you more vulnerable to injury and illness.

ZUMBA®

Latin inspired dance fitness class that incorporates Latin and international music and dance movements. Faster dance movements such as meringue and reggaeton are alternated with slower movements such as Cuban and salsa.

ZUMBA GOLD®

This class is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements and low impact. **ALL LEVELS