



GALLATIN VALLEY YMCA
GROUP EXERCISE SCHEDULE
August 7th- September 2nd, 2017

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:40am	Fitness Studio						
6:30am	Fitness Studio						
7:00am	Fitness Studio						
7:30am	Fitness Studio	YOGA Flow		YOGA 101	BLAST-30 minutes	YOGA Flow	
8:00am	Fitness Studio						
8:30am	Fitness Studio	Circuit Bootcamp		BLAST-30 minutes		Circuit Bootcamp	
9:00am	Fitness Studio		9:15am Barre Conditioning		9:15am Barre Conditioning		
9:30am	Fitness Studio	Strength Train Sculpt		Strength Train Sculpt			
10:00am							Family Yoga
10:30am	Fitness Studio	Gentle Strength & Conditioning		Gentle Strength & Conditioning		Gentle Strength & Conditioning	
	Program Room 2						
11:30am		Xtreme 15		Group Cycle		Xtreme 15	
12:30pm	Fitness Studio	Step and Sculpt	Circuit Bootcamp	Step and Sculpt	Circuit Bootcamp	Step and Sculpt	
1:30pm							
2:30pm							
3:30pm							
4:30pm			Family YOGA		Family YOGA		
5:30pm	Fitness Studio	Circuit Bootcamp	Circuit Bootcamp	Circuit Bootcamp	Circuit Bootcamp		
6:30pm		Kickboxing		Xtreme 15			
7:30pm							

**All 5:40 classes are 45 minutes long!

Class Descriptions

BLAST – Get in, get your workout done and get on your way. This 30-minute class has minimal warm up and cool down time to focus on getting and keeping your heart rate up for 20 minutes. Be ready to move and to work hard!

Barre Conditioning – Set to upbeat music this is a 55-minute full body workout. Concentrating on both stabilizing muscles and larger muscle groups, you worked with a variety of equipment combined into a series of exercises. No dance experience needed. Shoes are optional.

Circuit Bootcamp – This workout is made for building strength and muscular endurance. You will use an array of equipment from bands to weights incorporated with body weight exercises and functional movements.

Family YOGA – We welcome everyone! No age limits here, bring everyone and get ready to move! This is a very basic Yoga flow class to get everyone moving, stretching and balancing together. Please bring YOGA mats if you have one, as there will be a limited number available. If you don't have a mat-no worries, we'll make it work.

Gentle Strength & Conditioning – 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. Hand weights are offered for resistance. Chairs are available for sitting or standing support.

Group Cycle – For those who love to ride, this class offers you the cardio workout you are looking for. From beginner to advanced cyclist, anyone can enjoy this non-impact workout. We focus on proper cycle technique, body alignment and cardio drills. Warning...music is fun and loud to keep your energy high.

Kickboxing – This upbeat class is a combination of martial arts and boxing set to powerful music. You control the intensity. Shadow boxing and kickboxing moves are combined into a cardio routine helping to improve your speed and agility.

Step and Sculpt – This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

Strength Train Sculpt - Weight training and cardio circuits combine to bring you Strength Train Sculpt. This class will concentrate on building strength while challenging your endurance of higher heart rates. We will be using dumbbells and barbells to bring you a well-rounded strength workout.

YOGA Flow – Increase muscular strength, flexibility and balance. This is open to all levels. Come breathe, reduce stress and fine tune your body.

YOGA 101 – This is where you start! This class is for beginners or people just wanting a refresher on the fundamentals of Yoga. This basics class will be a key component to your practice.

Y-Xtreme 15 – Mix it up! This combination of cycling, circuit training and yoga adds a new challenging dimension to your workout. We get our heart rate up on the bikes, muscles building in circuit training and then get right into balance, core work and stretch for a yoga flow mixed in.