



# GALLATIN VALLEY YMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 Group Cycle 45 min. - Cackie	5:40-6:25 Circuit Bootcamp – 45 min. - Mallory	5:45-6:30 Group Cycle 45 min. - Cackie	5:40-6:25 Circuit Bootcamp - 45 min. - Mallory	5:45-6:30 Group Cycle 45 min. - Cackie	
6:40 -7:25 Xtreme 15 Cackie	6:30 -7:25 Strength Train Together - Mallory	6:40 -7:25 Xtreme 15 Cackie	6:30 -7:25 Strength Train Together - Mallory	6:40 -7:25 Xtreme 15 Cackie	
				7:30-8:25 Strength Train Together - Jenny	
8:30-9:25 Circuit Bootcamp Jenny		8:30-9:25 ZUMBA Britainey		8:30-9:25 Barre Vicki	8:00 -8:55 Zumba OULA U-Jam- rotating
9:30-10:25 Strength Train Together - Jenny	9:15 -10:10am PiYo Abby	9:30-10:25 Cardio Drum Mallory	9:15 -10:10am PiYo Abby	9:30-10:25 Circuit Bootcamp Jenny	9:00-9:55 Strength Train Together - rotating
10:30-11:25 Strength & Conditioning 101 Vicki	10:30-11:25 ZUMBA Holly	10:30-11:25 Strength Train Together - Vicki		10:30-11:25 Gentle Yoga Vicki	10:00 -10:55 Family Yoga
10:30- 11:25 Mommy & Me Tasha Program 2		10:30- 11:25 Mommy & Me Tasha Program 2			
11:30-12:25 Circuit Bootcamp Jenny	30 Minute Blast 11:45-12:15 Krista	11:30-12:25 Circuit Bootcamp Jenny	30 Minute Blast 11:45-12:15 Jenny	11:30-12:25 Xtreme 15 Jenny	
12:30-1:25 Strength Train Together - Vicki	12:30-1:25 Strength Train Together - Krista	12:30-1:25 Barre Vicki	12:30-1:25 Strength Train Together - Jenny	12:30-1:25 Strength Train Together - Vicki	
4:30-5:25 Group Cycle Cackie	4:30-5:25 Family YOGA		4:30-5:25 Family YOGA		
5:30-6:25 Strength Train Together - Mikki	5:30-6:25 INSANITY Abby	5:30- 6:25 Zumba Holly	5:30-6:25 INSANITY Abby		
6:30-7:25 Circuit Bootcamp Krista	6:30-7:25 Group Cycle Katie	6:30-7:25 Strength Train Together - Krista	6:30-7:25 Circuit Bootcamp Krista		
	7:30-8:25 YOGA Flow Steven		7:30-8:25 YOGA Flow Steven		

## **Class Descriptions**

**Barre** – Concentrating on both stabilizing muscles and larger muscle groups. You work with a variety of equipment combined into a series of exercises. No dance experience needed and shoes are optional.

**Cardio Drum**– Get moving to the simple rhythm's you create with weighted drum sticks while getting a good workout. The workout uses a variety of beats incorporated into each exercise.

**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.

**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.

**Insanity** – A predesigned interval class that requires no equipment and is easy to learn and fun to participate in. This is a challenging class with heart-thumping, well-timed music designed to give you a safe, challenging, and results-driven experience.

**Mommy and Me Movement**-These classes are designed for you and your child ages 8 weeks-3 years. This is a great way to have fun and be active with your child. There are a limited number of yoga mats provided, so if you have one bring it, that way every participant can have his/her own.

**30 Minute 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!

**PiYo** – PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**Strength & Conditioning 101**– Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and balance.

**Strength Train Together** – This class will blast all your muscles with a high-rep weight training workout. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best using an adjustable barbell, weight plates and body weight

**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 and Gentle Yoga** – 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** -This combination of cycling, circuit training and yoga adds a new challenging dimension to your workout. Get your heart rate up on the bikes, muscles building in circuit training and then get right into balance, core work and stretch.

**ZUMBA** – This is a total workout combining cardio, muscle conditioning, balance and flexibility. ZUMBA is a fitness party with a contagious blend of Latin and international rhythms that provides a fun and effective workout.