



GALLATIN VALLEY YMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

** Classes are 55 minutes long

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:40am	Fitness Studio	Group Cycle 45 minutes	Circuit Bootcamp - 45 minutes	Group Cycle 45 minutes	Circuit Bootcamp - 45 minutes	Group Cycle 45 minutes	
6:30am	Fitness Studio	Xtreme 15	Strength Train Together	Xtreme 15	Strength Train Together	Xtreme 15	
7:30am	Fitness Studio	YOGA Flow	OULA	YOGA 101	OULA	Strength Train Together	
8:00am	Fitness Studio						Zumba OULA
8:30am	Fitness Studio	Circuit Bootcamp		ZUMBA		PILOXING	U-Jam (rotating)
9:00am	Fitness Studio		9:15-10:10am PiYo		9:15 -10:10am PiYo		Strength Train Together
9:30am	Fitness Studio	Strength Train Together		Kickboxing		Circuit Bootcamp	
10:00am							Family Yoga 55 minutes
10:30am	Fitness Studio	Strength & Conditioning 101	ZUMBA	Strength Train Together	ZUMBA	Gentle Yoga	
	Program Room 2	Mommy & Me Movement		Mommy & Me Movement			
11:30am		Circuit Bootcamp		Circuit Bootcamp		Xtreme 15	
12:30pm	Fitness Studio	Strength Train Together	Strength Train Together	Barre Conditioning	Strength Train Together	Strength Train Together	
1:30pm							
2:30pm							
3:30pm							
4:30pm		Group Cycle	Family YOGA		Family YOGA		
5:30pm	Fitness Studio	Strength Train Together	INSANITY	Xtreme 15	INSANITY		
6:30pm		Kickboxing	Circuit Bootcamp	Strength Train Together	Circuit Bootcamp		
7:30pm			YOGA Flow		YOGA Flow		
8:30pm							

Class Descriptions

Barre Conditioning –

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.

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.

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.

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.

OULA - OULA® is a high-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! OULA® is Dancemania for the Soul.

Piloxing - The PILOXING workouts are a fusion of boxing and standing Pilates principles. The combination of these disciplines as primary exercise components creates a sense of both physical and mental balance.

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.