



GALLATIN VALLEY YMCA GROUP EXERCISE SCHEDULE Starting October 2nd 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Kickboxing	Xtreme 15	Kickboxing	Xtreme 15		
7:00am	Fitness Studio							
7:30am	Fitness Studio	YOGA Flow	OULA	YOGA 101	OULA	Circuit Bootcamp		
8:00am	Fitness Studio						ZUMBA	
8:30am	Fitness Studio	Circuit Bootcamp		ZUMBA		PILOXING		
9:00am	Fitness Studio		9:15am PiYo		9:15am PiYo			
9:30am	Fitness Studio	Strength Train Sculpt		Kickboxing		Strength Train Sculpt		
10:00am							Family Yoga	
10:30am	Fitness Studio	Gentle Strength & Conditioning		Gentle Strength & Conditioning		Gentle Yoga		
	Program Room 2	Mommy & Me Movement		Mommy & Me Movement				
11:30am		Xtreme 15	ZUMBA 11:15 am	Xtreme 15	ZUMBA 11:15 am	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	Strength Train Sculpt	Circuit Bootcamp	Strength Train Sculpt	Circuit Bootcamp			
6:30pm		Kickboxing	INSANITY	Xtreme 15	INSANITY			
7:30pm			YOGA Flow		YOGA Flow			

Class Descriptions

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 and Gentle Yoga– 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.

Insanity – It is a predesigned interval class that requires no equipment and is easy to learn and fun to participate in. Insanity offers participants the opportunity to a challenging class with heart-thumping, well-timed music. The group-exercise adaptation of this workout has been designed to give participants 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.

Step & 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 traditional and functional integrated exercises.

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.

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.