



Group Exercise Current Schedule 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



United Way
of East Central Texas

All classes are held in the Aerobics Studio unless indicated with (MP) for Multi-Purpose Room.
Water Aerobics is held at Stephen Bennett Aquatic Center during the pool season. See pool schedule for class times.

Group Exercise schedule is subject to change. See Monthly Event Calendar for temporary changes.



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|---|
| 5:05-6:00 a.m. LES MILLS BODYPUMP Debbie | 5:05-6:00 a.m. Cycle Blast Debbie | 5:05-6:00 a.m. CARDIO COMBAT Ryan | 5:05-6:00 a.m. LES MILLS BODYPUMP Debbie | 5:05-6:00 a.m. LES MILLS BODYFLOW Monnie | |
| 5:00-6:00 a.m. 2 be fit Laura Love | | 5:00-6:00 a.m. 2 be fit Laura Love | | 5:00-6:00 a.m. 2 be fit Laura Love | |
| 9:00-9:55 a.m. Pacers (MP) Stephanie | 9:00-9:55 a.m. Silver Sneakers YogaStretch Kathrine | 9:00-9:55 a.m. Pacers II Nita | 9:00-9:55am Silver Sneakers Classic Kathrine | 9:00-9:55 a.m. Pacers II (MP) Nita | |
| 8:45-10:00 a.m. CARDIO COMBAT/CORE Ryan | 9:00-10:00 a.m. LES MILLS BODYPUMP Ryan/Josh | 9:00-10:00 a.m. LES MILLS BODYSTEP Carrie | 9:00-10:00 a.m. LES MILLS BODYPUMP Ryan/Josh | 9:00-10:00 a.m. LES MILLS BODYSTEP Carrie | 9:00-10:00 a.m. LES MILLS BODYPUMP Donna |
| 10:00-11:25 a.m. YOGA Kathrine | 10:15-11:15 a.m. Cycle Blast Kathrine | 10:00-10:55 a.m. MAT PILATES Kathrine | 10:15-11:15 a.m. LES MILLS RPM Ryan | | 10:00-11:00 a.m. Don't just fly book Renee/Donna |
| | | | | | |
| 4:30-5:25 p.m. LES MILLS 45 BODYPUMP Donna | 4:30-5:25 p.m. LES MILLS BODYSTEP ATHLETIC Heather | 4:30-5:25 p.m. ZUMBA FITNESS Laura | 4:30-5:25p.m. LES MILLS BODYSTEP ATHLETIC Heather | 4:30-5:25 p.m. LES MILLS 45 BODYPUMP Renee | |
| 5:30-6:25 p.m. ZUMBA FITNESS Laura | 5:30-6:40 p.m. YOGA* Kathrine | 5:30-6:25 p.m. LES MILLS BODYPUMP Nita/Monnie | 5:30-6-25 p.m. KICKIN' IT OLD SCHOOL Nita | | |
| 6:25-7:30 LES MILLS BODYPUMP Renee | | | | Find us on: facebook ® | |

Class Descriptions

LES MILLS BODYPUMP

Get results fast! Take this strength endurance class twice a week for maximum results. A fun class that works your whole body using barbells and weights to highly motivating music. Let the music and weights collide. All fitness levels are welcome. Beginners are strongly encouraged to come early and speak to the instructor and set up equipment.

LES MILLS RPM

is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

LES MILLS BODYFLOW

A Boot Camp is type of outdoor group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training.

LES MILLS BODYSTEP

A dynamic cardiovascular work out using Reebok Steps, set to energetic music. This class comes with lots of options for all fitness levels.

Silver Sneakers/Pacers We use balls, bands, chairs, and fun music to get every muscle in the body moving safely through a wide range of movements. All levels are welcome! Perfect for the Active Older Adults, and those just starting out .

Silver Sneakers/YogaStretch: YogaStretch 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 exercise and a final relaxation will promote stress reduction and mental clarity.

CYCLE BLAST A wonderful way to increase your aerobic fitness on the stationary bike. This is a great non-impact cardiovascular workout. Good music and good company! All fitness levels are welcome.

KICKIN IT OLD SCHOOL Take on this high intensity, high energy combination workout for the ultimate cardio and leg class. A current fitness routine is strongly recommended. Gloves are helpful in some classes.

MAT PILATES A series of controlled movement to develop strength, flexibility and stability in the core muscles of the body. This class improves balance, encourages better posture and creates long, lean muscles.

***CARDIO COMBAT** More structured than a regular Kick Boxing Class. High energy and high intensity together with great music that gets you going. The movements will become easier to follow, the more you come.

*** ZUMBA[®]**

Dance your way to a fitter you. Exciting and unique Latin moves and rhythms; ZUMBA the class that is taking the world by storm! All fitness levels are welcome. *Parents are allowed to bring their children ages 8 years old and up.*

2^{be} fit

Need a class to start your fitness journey? This class is it? This class is a circuit training style class. Fun and Challenging at the same time.



New to fitness all together. Soar is where you need to start. This class introduces you to different groupex class formats that are available here at the YMCA.

Please note: All classes are for ages 13 and up unless otherwise noted in description. Children 9 thru 12 that have successfully completed Youth Fit Program may attend a class with an adult guardian. Must have Youth Fit Bracelet on.

Classes that have a fee noted with \$