



# GROUP EXERCISE SCHEDULE SHELBY COUNTY YMCA

Updated: January 9th

317-398-5230

Exercising three (3) times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

Class schedules are subject to change without notice. Please stay up-to-date with us via Facebook & on the web at [shelbycountnymca.org](http://shelbycountnymca.org)

MON	TUE	WED	THURS	FRI	SAT	SUN
CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm	CHILDWATCH HRS: 9am-12pm	CHILDWATCH HRS: CLOSED
9-9:45am <b>TABATA</b> Hailey	9-9:55am <b>PUMPED</b> Hailey	9-9:55am Strength /Endurance Kelly	9-9:55am Strength /Endurance Hailey	8am-8:55am <b>GENTLE YOGA</b> Monica	9:15-10:15am <b>CYCLE</b> Kati	2:30-3:25PM <b>ZUMBA®</b> Theresa
9:45-10:15am <b>ABSOLUTE ABS</b> Hailey	10:15-11:15am <b>YOGA STRONG</b> Sarah	<b>NEW</b> 10:15-11am <b>CYCLE</b> Bill	10:15-11:15am <b>ALL LEVELS YOGA</b> Sarah	<b>NEW</b> 8:30am-9:15am <b>ADVENTURE CYCLE</b> Lorraine	9:30-10:25am <b>SHiNE® / ZUMBA® / DANCE FITNESS</b>	
9-9:55am <b>SILVERSNEAKERS® CLASSIC</b> -Carolyn		9-9:55am <b>SILVERSNEAKERS® CLASSIC</b> -Carolyn		9-9:55am <b>PUMPED</b> Hailey/Kelly	10:30-11:30am <b>YIN YOGA</b> Angie	
10-10:55am <b>SILVERSNEAKERS® CLASSIC</b> -Carolyn	10-10:55am <b>SILVERSNEAKERS® STABILITY</b> -Brad	10-10:55am <b>SILVERSNEAKERS® CLASSIC</b> -Carolyn	10-10:55am <b>SILVERSNEAKERS® STABILITY</b> -Brad	9-9:55am <b>SILVERSNEAKERS® CLASSIC</b> -Carolyn		
11-11:55am <b>SILVERSNEAKERS® CLASSIC</b> -Carolyn	11-11:55am <b>SILVERSNEAKERS® STABILITY</b> -Brad	11-11:55am <b>SILVERSNEAKERS® CLASSIC</b> -Carolyn	11-11:55am <b>SILVERSNEAKERS® STABILITY</b> -Brad	10-10:55am <b>SILVERSNEAKERS® CLASSIC</b> -Carolyn		
				11-11:55am <b>SILVERSNEAKERS® CLASSIC</b> -Carolyn		
5:30-6:25pm <b>TOTAL BODY</b> Joanie		5:30-6:25pm Strength /Endurance Joanie				
5:30-6:15pm <b>CYCLE</b> David		6:30-7:15pm <b>CYCLE</b> Ken	5:30-6pm <b>BEGINNER CYCLE</b> David			
6:30-7:15pm <b>CYCLE</b> Ken	6:30-7:25PM <b>SHiNE®</b> Amy	6:30-7:25PM <b>DANCE FITNESS</b> Lori	6:30-7:25PM <b>SHiNE®</b> Chrissy			
6:30-7:25pm <b>GENTLE YOGA</b> Monica	7:30-8:30PM <b>YIN YOGA</b> Angie		7:30-8:30PM <b>RESTORATIVE YOGA</b> Angie			

### CLASS COLOR CODE:

CARDIO	DANCE
STRENGTH	Active Older Adults
MIND /BODY	CYCLE



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**HIIT (High Intensity Interval Training)**– This class is designed to give you an all out workout in an interval training sequence that will build cardiovascular fitness while improving muscle strength.

**TABATA**– Effective interval class that will consist of several sets of faced paced –high effort exercises, followed by recovery sets.

**SHINE®** – This empowering dance class is more than just choreography. With the combination of cardio and toning while dancing to original hit songs, this class will always leave you wanting more!

**ZUMBA®** – A Latin-inspired dance fitness class with body-moving music make this a dynamic, exciting and effective fitness system. By combining varying rhythms that tone & sculpt, you achieve a balance of cardio and muscle toning benefits.

**DANCE FITNESS**– An aerobic exercise that incorporates many forms of dance and music genres! Its exercise in disguise!

**ABSOLUTE ABS**- The intense abdominal workout solution for all levels that focus on toning and defining abdominals– while helping to maintain good posture and a healthy back.

**PUMPED**– A barbell-based workout that’s specifically designed to help you get lean, toned and fit. With high reps and low weights, you are sure to work every muscle group.

**STRENGTH & ENDURANCE**- This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. All muscle

**BEGINNER CYCLE**– This 30-minute class is perfect for those new to indoor cycling and/or building up fitness, but still takes care of business with an excellent hard workout. This class will cover proper alignment and provide guidelines for gears, exertion and RPMs for various drill types. Class is appropriate for all levels.

**CYCLE**–This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!

**GENTLE YOGA:** Satisfying and transformation class lead at a slow, smooth pace with breath instruction throughout. Instructional safe alignment to give you the confidence in your body as you explore your limitations.

**YIN YOGA:** Relaxing style of yoga that is suitable for all. There are no standing poses and instead the emphasis is on longer held seated poses to focus on deep connective tissues. This style mobilizes and strengthens joints, ligaments and deep fascial networks.

**ALL LEVEL YOGA:** Basic Yoga postures and breathing techniques for the beginner to advanced participant. This class will help strengthen the body awhile also promoting relaxation.

**MAT PILATES:** Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. The

**SILVERSNEAKERS® CLASSIC:** focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers® ball. Often a chair is used for seated exercises or standing support

**SILVERSNEAKERS® STABILITY** Improve your balance and strength with movements that focus on the knee, hip and ankle joints while improving reaction time. SILVERSNEAKERS® Classes are included in the SliverSneakers® membership!