



GROUP EXERCISE SCHEDULE SHELBY COUNTY YMCA

Updated: February
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

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 TABATA Hailey	6:30-7:25am Strength & Endurance Lisa	6:30-7:25am PUMPED Joanie	6:30-7:25am Group Power@ Lisa		9:15 -10am CYCLE Bill	2:30-3:25PM ZUMBA@ Theresa
9:45-10:15am ABSOLUTE ABS Hailey	9-9:55am Group Power@ Hailey	9-9:55am Strength & Endurance Kelly	9-9:55am Group Power@ Hailey	9-9:55am PUMPED Hailey/Kelly	9-9:55am Dance Instructor Rotation	
11-11:55am Group Power@ Cade	10:15-11:15am YOGA STRONG Sarah	9-9:55am SILVERSNEAKERS@ CLASSIC- Carolyn	10:15-11:15am ALL LEVELS YOGA Sarah	11-11:55am Group Power@ Cade	10:15-11:10am YIN YOGA Angie	
9-9:55am SILVERSNEAKERS@ CLASSIC-Carolyn	10-10:55am SILVERSNEAKERS@ STABILITY-Brad	10-10:55am SILVERSNEAKERS@ CLASSIC- Carolyn	10-10:55am SILVERSNEAKERS@ STABILITY-Brad	9-9:55am SILVERSNEAKERS@ CLASSIC- Carolyn		
10-10:55am SILVERSNEAKERS@ CLASSIC- Carolyn	11-11:55am SILVERSNEAKERS@ STABILITY- Brad	11-11:55am SILVERSNEAKERS@ CLASSIC- Carolyn	11-11:55am SILVERSNEAKERS@ STABILITY- Brad	10-10:55am SILVERSNEAKERS@ CLASSIC-Carolyn		
11-11:55am SILVERSNEAKERS@ CLASSIC- Carolyn				11-11:55am SILVERSNEAKERS@ CLASSIC-Carolyn		
	NEW 5:00-5:55pm Group Power@ Stephanie		5:30 -6:25pm TABATA Stephanie			
5:30-6:15pm CYCLE David	5:30-6:15pm ADVENTURE CYCLE Lorraine	6:30 -7:15pm CYCLE Ken	5:30-6pm BEGINNER CYCLE David			
6:30 -7:15pm CYCLE Ken	6:30-7:25PM SHiNE@ Amy	6:30-7:25PM DANCE FITNESS Lori	6:30-7:25PM SHiNE@ Chrissy			
6:30-7:25pm GENTLE YOGA Monica	7:30-8:25PM YIN YOGA Angie		7:30-8:25PM RESTORATIVE YOGA Angie			

CLASS COLOR CODE:

- CARDIO
- DANCE
- STRENGTH
- Active Older Adults
- MIND /BODY
- CYCLE



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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!

GROUP POWER– Cutting edge strength training workout designed to get you muscle and movement strong. Combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, a step, heart pounding music, and expert coaching!

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 groups will be engaged with dynamic and isometric movements.

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 basic principles of breath and control will be emphasized while learning to isolated the working muscles.

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!