



Fall I & II Group Exercise Schedule							
Fall I 9/8-10/24		Fall II 10/25-12/19					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	6:00am BIA Cardio-Tennis **	6:15am BIA Group Cycling Paul	6:00am BIA Body Blast * Mary	6:00am BIA Pilates Mat * Anita	6:30am BIA Group Cycling Loretta/Rotation		
		8:30am BIA Hi/Low Lori		8:30am BIA Hi/Low Aerobics Chris L			8:00am BIA Group Cycling Starts Fall II
		9:00am IA S BOSU ** Denise				9:00am BIA Cardio-Tennis **	
		9:15am BIA Step	9:15am BIA Cardio Kickbox* Lori	9:15am BIA Step	9:15am BIA Cardio Kickbox* Lori	9:15am IA Step & Sculpt Chris L	9:15am BIA Step Interval Lynda/Rotation
	1:00pm BIA Step Rotation	10:05am BIA Sculpt JoAnne		10:05am BIA Sculpt JoAnne			9:30am BIA S Pilates Mat Jillian/Dawn
		9:30am BIA S Pilates * April	10:30am BIA Zumba * Helene	9:30am BIA AF Hatha Yoga Lynette	10:30am BIA Zumba * Denise	10:30am BI BOSU ** Laura	
		10:30am BIA S Bender Ball ** Laura			10:30am BIA AF Rock Solid ** Lori		10:35am BIA Body Blast John/rotation
		11:05am BIA SilverSneakers MSROM Nicole		11:05am BIA SilverSneakers MSROM Nicole	4:45pm BIA S Pilates * Karen	11:30am IA SilverSneakers Cardio Nicole	
		5:10pm BIA Body Blast John	5:10pm BIA Cycling Tara	5:10pm BIA Cycling Starts Fall II	5:10pm BIA Cycling Starts Fall II	5:30pm BIA Cardio-Tennis **	
		6:00pm BI Nice-N-Easy * Anita	6:00pm BIA Step * Lynda	6:00pm BI Nice-N-Easy * Anita	6:00pm B S FitYoga ** Jennifer		
		6:15-8:30p BIA AF Hatha Yoga Lynette		6:15-8:30p BIA AF Hatha Yoga Lynette			
		7:00pm BIA S BellyDance Sarah **					
	7:05pm BIA Strength/Sculpt Melissa	7:05pm BIA Body Blast Linda	7:05pm BIA Hoopin' ** Melissa	7:05pm BIA ZUMBA* Helene			
	7:30pm BIA S Fusion ** Caroline		7:30pm IA S Fitness Yoga ** Anita				
			9:00pm BIA Cardio-Tennis **				

Class descriptions on back

Classes are held in the Group Exercise Room unless noted.

Key:
S = Studio
FC = Fitness Center
AF = A-Frame Bldg
B = Basic Class
I = Intermediate Class
A = Advanced Class
CardioTennis = Tennis Courts

Building Hours
M-F 5:00am-10pm
Sat 7am-7pm
Sun 10am-3pm

TBA = To Be Announced



YMCA Portage Branch
www.kzooyymca.org
 269.324.9622

**** = Registration required for all**

*** = Registration required for non-members**

Group Exercise classes are for ages 12 & up (12-14 w/adult supervision present)

Same policy applies to the Fitness Center

SCHEDULE SUBJECT TO CHANGE. YMCA RESERVES THE RIGHT TO CANCEL CLASSES DUE TO LOW PARTICIPATION.

B = Basic Level Classes

Fitness Yoga - Condition and strengthen the body with Yoga poses.

BI = Basic/Intermediate Level Classes

Nice-N-Easy - Slower paced, basic step class. Increases cardiovascular endurance and muscle strength. Great class for a beginning stepper and/or for a basic step workout. Ab/core included. 60 min.

BOSU - Fun class that utilizes the BOSU and the Stability ball for an outstanding workout. The class will reshape your whole body while strengthening the core and stabilizing muscles. Learn how to use both for aerobic conditioning, muscle toning and fat burning. Improve balance, Posture and alignment as well as mental focus.

BIA = Basic/Intermediate/Advanced Level Classes

Bender Ball- Ab sculpting moves that puts you in the perfect position for results. Includes other major muscles as part of the workout.

Step Interval- A cardiovascular and strength training workout. Weight/resistance exercises alternate with cardio-combinations on the Reebok step. A great workout for all fitness levels. 60 min.

Step and/or Sculpt- Cardiovascular conditioning on the Reebok step followed by 45 minutes of strength/resistance training (Mon & Wed at approx 10:05am). Participants can join class for sculpting only -- you must warm up prior to starting resistance/strength training. 2 hours total.

Cardio Kickbox- Low & high impact cardio-class which combines slow and fast sets of martial arts influenced moves in combination with kick boxing. Ab/core work included. 60 min.

Hi/Low Aerobics- Aerobics like you remember! For those who like to move and dance on the floor--No Step. Instructor shows low and high impact options. Abs and stretching included. **All ages and skill-fitness levels are welcome.** 45 min. (Active Older Adult approved)

Strength & Sculpt- A class designed to strengthen and tone all muscle groups. Weights and bands are used. Not designed as a cardiovascular workout. Ab/core strength included. 50 min.

Group Cycling- Great cardiovascular and leg workout that consists of a warm-up, varied intensity intervals, and a cool down. All fitness levels welcome. 45 min. Tuesday 6:15a is a 60 min class.

Pilates Mat- Increase core strength and flexibility. Create lean muscle, balance the body's musculature, and strengthen the low back. Some classes will use equipment (balls/bands) to enhance the workout. 45-50 min.

Body Blast- High repetition, weight training class w/barbells & interchangeable weight plates. Increase strength, sculpt/tone muscles, and challenge your cardiovascular system. Adaptable to all fitness levels. 50 min.

Rock Solid- is a class where we can worship our Heavenly Father while being good stewards in caring for His holy temple, our bodies. We'll move continuously, transitioning from one strength building position to another while meditating on the Word of God. The physical benefits are many -- leaner, stronger, healthier - similar to the benefits of mind/body classes but with a spiritual focus! 60 min.

ZUMBA- Get fit and have fun while learning to Salsa and Meringue! Our instructors teach fun, Latin based steps and rhythms combined with interval and resistance training. No prior experience required. 60 min.

Fusion - Yoga + Pilates - Combine Pilates exercises with Yoga poses.

Belly Dancing - The graceful hip drops, rolls, and pivots utilize muscle groups in the abdomen, pelvis, trunk, spine, and neck, working with the body instead of against it. There is a wealth of health benefits including; improved posture and muscle toning, stress reduction, no to low impact, aiding in digestion, building the back muscles evenly, and exercising the arms. All levels welcome.

Hoopin' - Get ready to laugh, sweat and have some fun! No matter what your level, you are sure to get an intense cardiovascular workout. The benefits of hula hooping include; builds core strength, tones your body, no to low impact, increases energy, develops balance and coordination, and increases flexibility. So have a bottle of water nearby, because you are going to need it.

SilverSneakers® 1 - Muscular Strength & Range of Movement. 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 skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

IA = Intermediate/Advanced Level Classes

Fitness Yoga - Condition and strengthen the body with Yoga poses.

BOSU - Fun class that utilizes the BOSU and the Stability ball for an outstanding workout. The class will reshape your whole body while strengthening the core and stabilizing muscles. Learn how to use both for aerobic conditioning, muscle toning and fat burning. Improve balance, Posture and alignment as well as mental focus.

SilverSneakers® 1 - Cardio Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Fall I & II ~ 2009

Sep 9 - Oct 24
Oct 25 - Dec 19



Fusion = Yoga + Pilates
Combine Pilates exercises
w/Yoga poses.

Fitness Yoga
Condition & strengthen the
body w/Yoga poses.

Stability Ball Class
Total body workout. Increase
core strength, improve
posture & flexibility.

Cardio Tennis
A workout on the courts!

See current Y's Life for
detailed descriptions!

