


WINTER GROUP EXERCISE CLASS SCHEDULE

(GOOD THRU JANUARY 28, 2018)

CAMPUS FAMILY Y-GROUP EXERCISE STUDIO						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00 am	POUND Angie	LES MILLS BODYPUMP Jen V	Turbo Kick Shelly	LES MILLS BODYPUMP Jen V	PiYO Shelly	LES MILLS BODYPUMP 8:30
9:00 - 10:00 am	Tabata Megan	POUND Shelly	INSANITY Lynae	WOW Alicia	POUND Lynae	POUND Angie 9:30 am
10:00 - 11:00 am		LES MILLS BODYPUMP Lynae	PiYO Alicia	Cardio & Strength Lynae		SUNDAY 2:00 PM ROTATE
4:00 - 5:00 pm	Tabata Alicia		Tabata Kelsey			LES MILLS BODYPUMP LES MILLS BODYCOMBAT
5:00 - 5:45 pm		POUND Shelly		INSANITY Lynae	 LIKE US ON FACEBOOK	
5:30 - 6:30 pm	LES MILLS BODYPUMP Nicki		LES MILLS BODYPUMP Nicki			
5:45 - 6:45 pm		PiYO Ashley		PiYO Ashley		
6:45 - 7:30 pm	Yoga Susan	LES MILLS BODYCOMBAT Jen O	Yoga Susan	Turbo Kick Shelly		
DOWNTOWN FAMILY Y-GROUP EXERCISE STUDIO						
6:00 - 7:00 am		LES MILLS BODYPUMP Sue		LES MILLS BODYPUMP Sue		
8:30 - 9:30 am	PiYO Shelly 8:45 am	YOGA Tom				Pilates Linda
4:30 - 5:30 pm	LES MILLS BODYPUMP Angie		LES MILLS BODYPUMP Angie	LES MILLS BODYCOMBAT Jen O		
5:30 - 6:30 pm	Tabata Casey	LES MILLS BODYPUMP Sue	Tabata Casey	Dance Fusion Shannon		
6:30 - 7:30 pm	Pilates Linda		Pilates Linda			

SUNDAY ROTATION

BODYPUMP - 1/7
 BODYCOMBAT - 1/14
 BODYPUMP - 1/21
 BODYCOMBAT - 1/28
 BODYPUMP - 2/4
 BODYCOMBAT - 2/11



SMART START

LES MILLS BODYPUMP

LES MILLS BODYCOMBAT

LES MILLS HAS CONDUCTED IN-DEPTH RESEARCH INTO BEGINNERS' ADHERENCE TO EXERCISE, AND KNOWS THAT THE KEY TO GREAT RESULTS IS STARTING SLOWLY. THIS MEANS GIVING NEW PEOPLE THE OPTION TO LEAVE AFTER THE FIRST 20 MINUTES.

YOGA

This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Also designed to meet the needs of those new to yoga as well as those seeking continued understanding of basic yoga poses.

FAVORITE CLASS MISSING??

Let us know what class you would like to see offered.
 Contact Angie at aking@stjoymca.org

WINTER GROUP CYCLING CLASS SCHEDULE

CAMPUS FAMILY Y-GROUP CYCLING STUDIO						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00 am	Indoor Cycling Jen V	Indoor Cycling Nic	Indoor Cycling Jen V	Indoor Cycling Nic	Indoor Cycling Bryan	
7:30 - 8:15 am						Indoor Cycling Rotates
9:00 - 9:45 am	Indoor Cycling Julie		Indoor Cycling Kevin		Indoor Cycling Kim	Indoor Cycling Jen O 9:30 am
5:30 - 6:15 pm	Indoor Cycling Jen O	Indoor Cycling Kevin		Indoor Cycling Kevin		

DOWNTOWN FAMILY Y-GROUP CYCLING STUDIO						
5:15 - 6:00 am		Indoor Cycling Tracy		Indoor Cycling Tracy		
8:30 - 9:15 am						Indoor Cycling Charlie
5:30 - 6:15 pm		Indoor Cycling Charlie		Indoor Cycling Charlie		

GROUP EXERCISE CLASS DESCRIPTIONS

BODYPUMP® - This results-driven barbell class by Les Mills provides a workout that will strengthen all your major muscle groups by using the best weight-room exercises in a group setting. Be prepared for squats, presses, lifts and curls like you've never seen them before! Smart Start - Les Mills has conducted in-depth research into beginners' adherence to exercise, and knows that the key to great results is starting slowly. This means giving new people the option to leave after the first 20 minutes.

BODYCOMBAT® is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

CARDIO AND STRENGTH - Intense cardio class to improve your endurance level along with challenging sports conditioning exercises and strength training. Come try it out!

INDOOR CYCLING - A low impact group exercise class performed on stationary bikes. During the class, the instructor simulates hills, sprints, and races. You will be kept motivated by the instructor, the people around you, and the great music.

INSANITY - A predesigned interval class that requires no equipment and is easy to learn and fun to participate in. INSANITY Rounds offer participants the opportunity of 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 class provides a total body workout that targets core strength and balance for all ages and abilities. Participants kick, punch, and explore mixed martial arts strategies designed to increase cardiovascular endurance, muscular strength, range of motion, and agility.

PILATES - This workout focuses on your body's core. Focuses on breathing, body control, flowing movements, stretching and precision. A strong core is beneficial to your back and better posture.

PIYO - This is a unique class designed to build strength and flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. Think toned abdominals, increased overall core strength and greater stability.

POUND® - Is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix®, lightly-weighted drumsticks engineered specially for exercise, POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out!

POWER HOUR - An upbeat strength and toning class ensures you will get your body moving. A great workout for all levels. Benefits are increased muscular strength, endurance and function.

TABATA - This class utilizes extreme intervals to get you into great shape. Aerobic capacity, endurance, strength, and whole-body toning are just a few of the benefits of this exciting and challenging class.

TURBO KICK (TKB) - This choreographed format comes complete with brief turbo (high intensity) intervals interspersed within kickboxing specific training. A great cardiovascular challenge that will leave you wanting more!

WOW (WOMEN ON WEIGHTS) - A progressive strength training class specifically designed for women. This class offers beneficial, safe and effective weight training exercises that target major muscle groups in a fun, results-driven format.

YOGA - This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Also designed to meet the needs of those new to yoga as well as those seeking continued understanding of basic yoga poses.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

