


# NEW YEARS GROUP EXERCISE CLASS SCHEDULE

(EFFECTIVE BEGINNING FEBRUARY 4, 2018)

CAMPUS FAMILY Y-GROUP EXERCISE STUDIO						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00 am	<b>POUNCE</b> Angie	<b>LES MILLS BODYPUMP</b> Jen V	<b>LES MILLS BODYCOMBAT</b> Shelly	<b>LES MILLS BODYPUMP</b> Jen V	<b>PiYO</b> Shelly	<b>LES MILLS BODYPUMP</b> 8:30
9:00 - 10:00 am	Tabata Megan	<b>POUNCE</b> Shelly	<b>INSANITY</b> Lynae	WOW Alicia	<b>POUNCE</b> Lynae	<b>POUNCE</b> Angie 9:45 am
10:00 - 11:00 am		<b>LES MILLS BODYPUMP</b> Lynae	<b>PiYO</b> Alicia	Cardio & Strength Lynae		<b>SUNDAY</b> 2:00 PM ROTATE
4:00 - 5:00 pm	Tabata Alicia		Tabata Kelsey			<b>LES MILLS BODYPUMP</b> <b>LES MILLS BODYCOMBAT</b>
5:30 - 6:30 pm	<b>LES MILLS BODYPUMP</b> Nicki	<b>PiYO</b> Ashley	<b>LES MILLS BODYPUMP</b> Nicki	<b>LES MILLS BODYCOMBAT</b> Ashley		
6:30 - 7:30 pm		<b>LES MILLS BODYCOMBAT</b> Jen O	<b>LES MILLS BODYCOMBAT</b> Shelly			
6:45 - 7:30 pm	Yoga Susan		Yoga Susan			
DOWNTOWN FAMILY Y-GROUP EXERCISE STUDIO						
6:00 - 7:00 am		<b>LES MILLS BODYPUMP</b> Sue		<b>LES MILLS BODYPUMP</b> Sue		
8:30 - 9:30 am	<b>PiYO</b> Shelly 8:45 am		<b>PiYO</b> Ashley 8:45 am			Pilates Linda
4:30 - 5:30 pm	<b>LES MILLS BODYPUMP</b> Angie	<b>LES MILLS BODYCOMBAT</b> Shelly	<b>LES MILLS BODYPUMP</b> Angie	<b>LES MILLS BODYCOMBAT</b> Jen O		
5:30 - 6:30 pm	Dance Fusion Amy/Paula	<b>LES MILLS BODYPUMP</b> Smart Start Sue	Dance Fusion Amy/Paula	Dance Fusion Shannon		
6:30 - 7:30 pm	Pilates Linda		Pilates Linda			

## SUNDAY ROTATION

BODYPUMP - 2/4  
 BODYCOMBAT - 2/11  
 BODYPUMP - 2/18  
 BODYCOMBAT - 2/25  
 BODYPUMP - 3/4  
 BODYCOMBAT - 3/11



## 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](mailto:aking@stjoymca.org)

# NEW YEARS 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 Chloe	Indoor Cycling Jen V	Indoor Cycling Michelle	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 - 6:30 pm	Cycling & Strength Casey	Indoor Cycling Charlie 5:30 - 6:15	Cycling & Strength Casey	Indoor Cycling Charlie 5:30 - 6:15		

## 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!

### **CYCLE & STRENGTH-**

A head to toe workout with the combination of indoor cycling and strength training intervals using weights and/or bands. You will be on and off the bike throughout the class.

### **DANCE FUSION-**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, fun fitness class. Inspired by a variety of dance genres, you'll find yourself moving from Hip Hop to Broadway through all over the world musical influences.

**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.

**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!

**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.

**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.



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