



GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE BEGINNING SEPTEMBER 1—LABOR DAY HOURS ARE 7:00 AM TO NOON

INDOOR CLASSES EXPANDED CAPACITY...

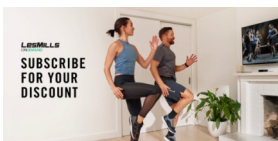
CALL TO RESERVE YOUR SPACE 671-9622 (2 HOURS PRIOR TO CLASS TIME). FOR EARLY MORNING CLASSES, CALL THE LAST TWO HOURS OF THE EVENING BEFORE THE CLASS.

CAMPUS FAMILY Y—GROUP EXERCISE STUDIOS						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00 am	Cycling Bryan	LES MILLS BODYPUMP Angie Cycling Shannon	Tabata Christy Cycling Angela	LES MILLS BODYPUMP Angie Cycling Michelle	Cycling Gary	7:30 am Cycling Rotating Instructors
8:00 - 9:00 am	Classic Fitness Susan		Classic Fitness Susan		Classic Fitness Susan	7:45 am Yoga Susan
9:00 - 10:00 am	Cycling Kim	Tabata Christy	Cycling Kevin	Tabata Christy	Cycling Julie	9:00 am 5th Pilates Linda
5:30 - 6:30 pm	LES MILLS BODYCOMBAT Jen Cycling Michelle	PIYO Ashley Cycling Gary	LES MILLS BODYPUMP Nicki	LES MILLS BODYCOMBAT Ashley/Jen Cycling Kevin		12th LES MILLS BODYCOMBAT Jen/Ashley
6:30 - 7:30 pm	Dance Fit Amy/Paula 6:45 pm	Yoga Susan		Pilates Linda Dance Fit Amy/Paula 6:45 pm		19th Step Michelle 26th LES MILLS BODYPUMP Nicki/Angie

ALL CLASSES WILL CONTINUE PHYSICAL/SOCIAL DISTANCING AND EXTRA PRECAUTIONS

DUE TO LIMITED CAPACITY, GROUP EXERCISE CLASSES ARE FOR YMCA MEMBERS ONLY.

COMING SOON!



YMCA St. Joseph and LES MILLS understand how important a healthy lifestyle is. We also understand how your busy lifestyle doesn't always make it easy to take a class!

This is why we want to introduce you to LES MILLS on Demand - where your favorite workouts are available anytime, anywhere.

Get unlimited access to LES MILLS workouts loved by millions for an exclusive YMCA member price. LES MILLS On Demand offers over 800 of your favorite workouts across 13 categories. Details coming soon!

EXPANDED CLASS SCHEDULE COMING SOON!

FAVORITE CLASS MISSING??

Let us know what class you would like to see offered. Contact Kevin at

klittle@stjoymca.org

LIKE US ON



YMCA MISSION

TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND, AND BODY FOR ALL.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

CLASSIC FITNESS - Music from the 60's, 70's and 80's is used to motivate participants in this rhythmic exercise format. **Easy to follow**, enjoyable motions and patterns to raise heartrate, break a sweat, and bring a smile.

DANCE FIT - 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. Incorporates toning exercise.

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.

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.

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.

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.