



GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE BEGINNING NOVEMBER 1

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.

YMCA OF ST. JOSEPH—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	PIYO Shelly Cycling Gary	8:00 am Cycling Rotating Instructors
8:00 - 9:00 am	Classic Fitness Susan	Morning Moves Sue	Classic Fitness Susan	Morning Moves Sue	Classic Fitness Susan	7:30 am Yoga Vinyasa Susan
9:00 - 10:00 am	Cycling Kim	Tabata Christy	Cycling Kevin	Tabata Christy	Cycling Julie	9:00 am 7th Pilates Linda <small>(Pilates is held every Saturday at 9:00 am)</small>
5:30 - 6:30 pm	LES MILLS BODYCOMBAT Jen Cycling Michelle	PIYO Ashley Cycling Gary	Tabata Shannon	LES MILLS BODYCOMBAT Ashley Cycling Kevin		14th LES MILLS BODYCOMBAT Jen/Ashley
6:30 - 7:30 pm	Dance Fit Amy/Paula 6:45 pm	Yin Yoga Susan	Pranayama/Meditation Susan 6:45-7:15 PM	Pilates Linda Dance Fit Amy/Paula 6:45 pm	TURKEY BUSTER Friday November 27 (see details below)	21st LES MILLS BODYPUMP Angie 28th Step Michelle
<p>Note: the YMCA is closed Thanksgiving Day. Register NOW for the 15th annual Turkey Trot on runsignup.com</p>						
ALL CLASSES WILL CONTINUE PHYSICAL/SOCIAL DISTANCING AND EXTRA PRECAUTIONS						

COMMUNITY PARTICIPANTS MAY NOW ATTEND GROUP EXERCISE CLASSES FOR \$4.00/CLASS

TURKEY BUSTER!

On November 27, get off on the right foot with the TURKEY BUSTER. Bust off all that turkey you gobbled. Starting at 8:00 am and running through 11:00 am. The YMCA Group Fitness Staff are providing a variety of classes that include: Classic Fitness at 8:00 am, Group Cycle at 9:00 am and Les Mills BODYCOMBAT® at 10:00 am. Come for one or all three classes!

LES MILLS ON DEMAND®

There is nothing like attending a live class at the YMCA with friends and motivating instructors, but we know your busy lifestyle doesn't always make it easy to take a class. With LES MILLS on Demand® your favorite workouts are available anytime, anywhere.

WORKOUT ANYWHERE, ANY TIME

Stream your laptop, desktop, mobile, tablet, TV and more



Get unlimited access to over 800 of your favorite LES MILLS workouts for an exclusive YMCA member price. To sign up, leave your name and email at the Welcome Center. We will email you the special discount link and instructions. Or, find the link on the YMCA of St. Joseph website, stjoymca.org.

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.

MORNING MOVES - Experience a class that combines, walking/rhythmic cardio, strength, stretching and balance exercises. Geared to older adults that want to have fun and experience results. Sitting and standing options included.

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.

PRANAYAMA/MEDITATION - Pranayama refers to breathing exercises which clear the physical and emotional obstacles in our body to free the life energy (prana). Meditation is a practice of cultivating awareness of our habitual thought patterns.

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.

- Yin Yoga - A slow-paced style of yoga as exercise where you target the deepest tissues of the body by holding the poses for longer periods of time.
- Yoga Vinyasa - Linking the movement of the body to the movement of the breath through a flowing practice to strengthen and build flexibility, promoting physical stamina and a sense of inner calm.