



# GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE MAY 1, 2022

CALL TO RESERVE YOUR SPACE, 816-671-9622 (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	SUNDAY
5:15 am	Tabata Alicia	<b>LES MILLS BODYPUMP</b> Angie Cycling Shannon	<b>LES MILLS BODYCOMBAT</b> Shelly Cycling Angela	<b>LES MILLS BODYPUMP</b> Angie Cycling Michelle	<b>BAZZE ABOVE</b> Shelly Cycling Gary	8:00 am Pilates Linda Cycling	<div>LIKE US</div> <div> </div>
8:00 am	Classic Fitness Susan H.	<b>CORE</b> Christy	Classic Fitness Susan H.	Better Balance Christy	Classic Fitness (mind/body) Susan H.	Rotating Instructors	
9:00 am	Cycling Gary S. <b>LES MILLS BODYPUMP</b> Miranda	Tabata Alicia	Cycling Kevin <b>BAZZE ABOVE</b> Christy	<b>CORE</b> <b>BAZZE ABOVE</b> Christy	Cycling Jessica <b>CORE</b> Emilee	9:15 am  7th <b>LES MILLS BODYCOMBAT</b> Ashley	
10:00 am	<b>CORE</b> Emilee	HIIT Miranda	<b>CORE</b> Helen		<b>LES MILLS BODYPUMP</b> Miranda	14th Step and Sweat Michelle	
4:30 pm		<b>LES MILLS BODYCOMBAT</b> Jen	Yin Yoga Susan	<b>LES MILLS BODYCOMBAT</b> Ashley		21st <b>LES MILLS BODYPUMP</b> Jen	
5:30 pm	<b>LES MILLS BODYPUMP</b> Jen Cycling Michelle	<b>BAZZE ABOVE</b> Ashley 30 min. Cycling Brian	<b>LES MILLS BODYPUMP</b> Shannon	Hip Hop Amy/Paula Cycling w/ Weights Angela		28th <b>LES MILLS BODYCOMBAT</b> Shelly	
6:40 pm	Hip Hop Amy/Paula	Yin Yoga Susan		Pilates Linda		10:30 am <b>BAZZE ABOVE</b> Rotating Instructor	
ALL CLASSES WILL CONTINUE PHYSICAL/SOCIAL DISTANCING AND EXTRA PRECAUTIONS							

COMMUNITY PARTICIPANTS MAY ATTEND GROUP EXERCISE CLASSES FOR \$ 4.00/CLASS. Y MEMBERS HAVE FIRST PRIORITY.

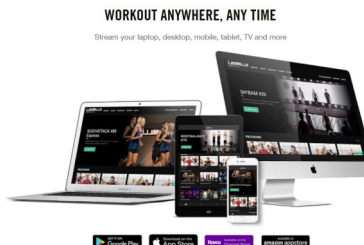
**NOTE:** If school is canceled due to inclement weather then 5:15am classes will also be canceled. Please call the welcome desk at (816) 671-9622 for more details.

## KID ZONE

Child watch is available Monday through Saturday mornings and Monday through Thursday evenings as a free benefit to our members while they work out in the Wellness Center or take a class. Call at least 1 hour before the Kid Zone session begins to reserve your space. Look for more details on our website, [stjoymca.org](http://stjoymca.org).

## 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. Get unlimited access to over 800 of your favorite LES MILLS workouts for an exclusive YMCA member price. To sign up or for a 30-day FREE TRIAL, find the link on the St. Joseph YMCA website, [stjoymca.org](http://stjoymca.org).



## FAVORITE CLASS MISSING?

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

Contact Christy at [cmayfield@stjoymca.org](mailto:cmayfield@stjoymca.org)



Scan here for our website

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

## **GROUP EXERCISE CLASS DESCRIPTIONS**

**BARRE ABOVE** – 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 lean toned legs, increased overall core strength and greater stability.

**BETTER BALANCE** – An evidence-based, instructor-led group program designed to improve strength, mobility, flexibility, and balance through the therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.

**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.

**HEALTHY LIVING** – An effective self-management education program for people with chronic health conditions. It teaches skills useful for managing a variety of chronic conditions. This is a FREE program sponsored by Arthritis Community Services.

**HIP HOP** – 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 muscle training exercises.

**HIIT** – High intensity interval training is defined as short, intense, unsustainable bursts of physical activity, paired with intervals of quick rests. This type of intense training causes a sort of metabolic disturbance which can result in the body burning calories at a higher rate up to 48-72 hours later. HIIT can also increase metabolism, reduce insulin resistance, improve cardiac function, produce faster gains in endurance levels than steady state cardio training and can be an effective way to recruit/build type 2 fast twitch muscle.

**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.

**LES MILLS 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.

**LES MILLS 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.

**LES MILLS CORE®** – is the ultimate scientific core workout for incredible core definition and sports performance. Les Mills Core builds strength, stability and endurance in the muscles that support your core, including the abdominals, glutes and back. The workout includes exercises that utilize a Les Mills Smartband, weight plates and bodyweight exercises.

**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.

**PILATES BASICS** – Learn basic Pilates techniques like ribcage breath, head/neck posture, core brace, primary positions, etc. before joining the regular Pilates class. Class size limited.

**POWERUP** – Improve overall fitness by combining resistance training exercises organized in challenging sets with a bit of cardio mixed in. This full-body workout is multi-level with modifications shown using a variety of resistance equipment.

**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.