



# GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE SEPTEMBER 1, 2022 (UPDATE 9/12)

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		<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	<b>8:00 am</b> Pilates Linda Cycling Rotating Instructors	<div style="background-color: #6a3d9a; color: white; padding: 10px; text-align: center;">             TAKE CHARGE OF YOUR HEALTH EVENT: Saturday Sept. 17th at 10:30am           </div> <div style="background-color: #e91e63; color: white; padding: 10px; text-align: center;">             LIKE US ON      </div>
8:00 am	Classic Fitness Susan H.	<b>LES MILLS CORE</b> Christy	Classic Fitness Susan H.	Better Balance Christy	Classic Fitness (mind/body) Susan H.	<b>9:15 am</b> <b>3rd LES MILLS BODYPUMP</b> Angie <b>10th BAZZE ABOVE</b> Ashley	
9:00 am	Cycling Gary S. <b>LES MILLS BODYPUMP</b> Miranda	<b>BAZZE ABOVE</b> Christy	Cycling Kevin Strength & Conditioning Julie	<b>BAZZE ABOVE</b> Christy	Cycling Julie <b>LES MILLS CORE</b> Tabata Emilee	<b>17th LES MILLS BODYCOMBAT LES MILLS BODYPUMP</b> Combo Jen <b>24th LES MILLS BODYCOMBAT LES MILLS CORE</b> Ashley, Emilee, Helen, Christy, Julie	
10:00 am	<b>LES MILLS CORE</b> Tabata Emilee	Boot Camp Miranda	<b>LES MILLS CORE</b> Helen		<b>LES MILLS BODYPUMP</b> Miranda		
4:30 pm		<b>LES MILLS BODYCOMBAT</b> Jen		<b>LES MILLS BODYCOMBAT</b> Ashley			
5:30 pm	<b>LES MILLS BODYPUMP</b> Jen Cycling Michelle	<b>BAZZE ABOVE</b> Ashley	<b>LES MILLS BODYPUMP</b> Shannon 30 min. Cycling Bryan	Hip Hop Amy/Paula Cycling w/ Weights Angela			
6:40 pm	Hip Hop Amy/Paula	Yin Yoga Susan		Pilates Linda			

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.

## 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, [stioymca.org](http://stioymca.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, [stioymca.org](http://stioymca.org).

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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.

**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.

**BOOT CAMP** - An interval style class that includes a blend of body weight and calisthenics exercises to increase your strength and cardio endurance. Set to fun, fast-paced music, you are sure to get your heart rate up while having a blast.

**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.

**STRENGTH & CONDITIONING** - 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.