



# GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE OCTOBER 1, 2023

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	Cycling Bryan	<b>LES MILLS BODYPUMP</b> Angie <b>LAUNCH! 11th</b> Cycling Shannon	<b>LES MILLS BODYCOMBAT</b> Shelly Cycling Angela	<b>LES MILLS BODYPUMP</b> Angie Cycling Michelle	<b>LES MILLS BODYCOMBAT</b> Shelly Cycling Gary	8:00 am Pilates Linda Cycling	<div>LIKE US ON</div> <div> </div>
8:00 am	Classic Fitness Susan H.		Classic Fitness Susan H.	Beginner Pilates Linda	Classic Fitness (mind/body) Susan H.	Rotating Instructors	
9:00 am	Cycling Gary S. <b>LES MILLS BODYPUMP</b> Miranda	Strength & Conditioning Julie	Cycling Jenny Tabata Miranda	Strength & Conditioning Julie <b>LAUNCH! 11th</b>	Beginners Cycling Julie <b>BARRE ABOVE</b> Emilee <b>LAUNCH! 7th</b>	9:15 am <b>7th LES MILLS BODYPUMP</b> Angie, Shannon, Miranda	
10:00 am		Enrich Linda	<b>LES MILLS CORE</b> Helen	Mobility/Core Miranda		14th TBA	
4:30 pm		<b>LES MILLS BODYCOMBAT</b> Jen		<b>LES MILLS BODYCOMBAT</b> Ashley <b>LAUNCH! 12th</b>			
5:30 pm	<b>LES MILLS BODYPUMP</b> Shannon Cycling Michelle	<b>BARRE ABOVE</b> Ashley Cycling Casey	<b>LES MILLS BODYPUMP</b> Shannon Cycling Meghan	Dance Fitness Amy/Paula Cycling w/Weights Angela		21st <b>LES MILLS BODYCOMBAT</b> Jen	
6:40 pm	Dance Fitness Amy/Paula			Pilates Linda		28th Tabata Shannon	
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

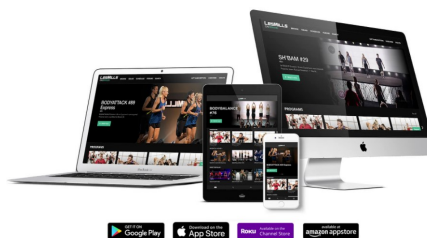
Child watch is available Monday through Saturday mornings and Monday through Thursday evenings as a free benefit to our members while they work out in the Wellness Center or take a class. Call at least 1 hour before the Kid Zone session begins to reserve your space. Look for more details on our website,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

WORKOUT ANYWHERE, ANY TIME

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



## FAVORITE CLASS MISSING?

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

Contact:  
TCoder@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.

**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.

**ENRICH** - Safe, low impact aerobic exercises aimed at helping in rehabilitation from chronic conditions and injuries as well as improving the quality of life of older adults and physically limited individuals. This class utilizes light hand held weights to help with building strength and bone density.

**DANCE FITNESS** - Is an exercise that engages the entire body as well as the mind. Learning and remembering choreography keeps your brain active while constant movement addresses your heart, circulation, balance, muscles and joints. Dancing with us burns a TON of calories, and its FUN! We offer a variety of routines, encompassing a variety of music genres. Don't let the word "dance" scare you off- we would love to have you come try it out!

**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.

**BEGINNER PILATES** - An introduction to the basics of Pilates with gentle stretching and strengthening of core muscles.

**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.