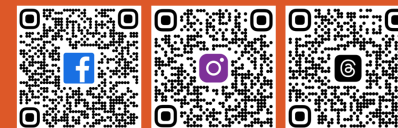




# OCTOBER GROUP EXERCISE CLASS SCHEDULE

CALL TO RESERVE YOUR SPOT IN CLASS AT 816-671-9622 (2 HOURS PRIOR TO CLASS TIME).  
SOCIAL MEDIA OR ANY FORM OF ONLINE RESERVATION FOR CLASSES ARE NOT ACCEPTED.  
FOR EARLY MORNING CLASSES, CALL THE LAST TWO HOURS OF THE EVENING BEFORE THE CLASS.

LIKE  
US  
ON



## MONDAY

5:15 AM  
CYCLE  
GARY

8:00 AM  
CLASSIC FITNESS  
SUSAN

9:00 AM  
TABATA  
EMILEE

CYCLE  
JENNY

4:30 PM  
SCULPT & SHAPE  
ASHLEY

5:30 PM  
LES MILLS  
BODYPUMP  
SHANNON

CYCLE  
MICHELLE

## TUESDAY

5:15 AM  
LES MILLS  
BODYCOMBAT  
SHANNON

CYCLE  
BRYAN

6:30 AM  
CYCLE  
TARA

9:00 AM  
STRENGTH & CONDITIONING  
JULIE

4:30 PM  
LES MILLS  
BODYCOMBAT  
JEN 10/7 & 10/14

4:30 PM  
CARDIO & STRENGTH  
ANNA 10/21 & 10/28

5:30 PM  
BARRÉ ABOVE  
ASHLEY

6:40 PM  
DANCE FITNESS  
AMY & PAULA

## WEDNESDAY

5:15 AM  
LES MILLS  
BODYPUMP  
ANGIE

CYCLE  
ANGELA

8:00 AM  
CLASSIC FITNESS  
SUSAN

9:00 AM  
CARDIO & STRENGTH  
ANNA

CYCLE  
KEVIN

4:30 PM  
PILATES  
JENNIFER

5:30 PM  
LES MILLS  
BODYPUMP  
SHANNON

## THURSDAY

5:15 AM  
LES MILLS  
BODYCOMBAT  
SHANNON

CYCLE  
MICHELLE

9:00 AM  
STRENGTH & CONDITIONING  
JULIE

10:00 AM  
CHAIR FITNESS  
LINDA

5:00 PM  
LES MILLS  
BODYCOMBAT  
JEN/ASHLEY

6:00 PM  
DANCE FITNESS  
AMY & PAULA

## FRIDAY

5:15 AM  
LES MILLS  
BODYPUMP  
ANGIE

CYCLE  
GARY C.

8:00 AM  
BEGINNER YOGA  
SUSAN

9:00 AM  
BARRÉ ABOVE  
EMILEE

CYCLE  
TARA

## SATURDAY

8:00 AM  
PILATES  
JENNIFER

CYCLE  
4TH  
TARA

11TH  
ANGELA

18TH  
KEVIN

25TH  
ANGELA

9:30 AM  
4TH  
LES MILLS  
BODYCOMBAT  
JEN/ASHLEY

LAUNCH!

11TH  
LES MILLS  
BODYPUMP  
ANGIE/ SHANNON

LAUNCH!

18TH  
CARDIO & STRENGTH  
ANNA

25TH  
TABATA  
EMILEE

COMMUNITY PARTICIPANTS MAY ATTEND GROUP EXERCISE/CYCLE CLASSES FOR \$5.00/CLASS. Y MEMBERS HAVE FIRST PRIORITY.

### YMCA HOURS

The YMCA is open Mon-Thu 5am-8pm, Friday 5am-7pm, Saturday 6am-5pm, and Sunday 11am-5pm. 24-Hour Access is offered as a member benefit to allow use of our Wellness Center from the hour of closing to opening.

### 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 YMCA of St. Joseph website, [www.stjoymca.org](http://www.stjoymca.org), under the Group Exercise tab.

### 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.

**CARDIO & STRENGTH** - A cardio blast of rhythmic motion and variety of ways to enhance your strength and balance. Every class will be a new and exciting mixture of fun, sweat and music!

**CHAIR FITNESS** - For anyone who is just starting out with an exercise class or has limitations, this class combines a variety of exercise movements with support of a chair and adds light hand weights for muscle conditioning.

**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 FITNESS** - Exercise that engages the entire body and mind. Learning choreography and keeping your brain active addresses your heart, circulation, balance, muscles and joints. Dancing with us burns a TON of calories, and its FUN! There are a variety of routines encompassing many genres of music. Dance Fitness accompanies both beginners and experts. Come try it out!

**GROUP CYCLE** - 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.

**HIIT (High Intensity Interval Training)** - Using high intensity time intervals, this workout allows for maximal cardio gain without loss of muscle mass. The full body workout will be modifiable for all ages and allow for people of any level to be challenged in a healthy way!

**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®** - 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.

**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.

**SCULPT & SHAPE** - Blend of Pilates, Barre, and Yoga that uses low impact, high intensity movements to build and sculpt muscles. With the use of weights and resistance bands, you move at your own pace to build strength and better alignment for your body.

**STEP & STRENGTH** - A mix of old-school step aerobics, cardio, and toning moves for a total body workout.

**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.