



MARCH GROUP EXERCISE SCHEDULE

Call to Reserve your spot in class 816-671-9622 (2 hours prior to class time. For early morning classes, call the last two hours of the evening before the class.)

Make sure you're receiving our text messages for the latest class notifications. Text @YCLASS to 223000 to subscribe.

MONDAY

- 5:15 AM CYCLE (GARY)
- 8:00 AM CLASSIC FITNESS (SUSAN)
- 9:00 AM TABATA (EMILEE)
- 9:00 AM CYCLE (JENNY)
- 4:30 PM SCULPT & SHAPE (ASHLEY)
- 5:30 PM **LES MILLS BODYPUMP** (SHANNON)
- 5:30 PM CYCLE (MICHELLE)

TUESDAY

- 5:15 AM **LES MILLS BODYCOMBAT** (SHANNON)
- 9:00 AM TOTAL BODY (JULIE)
- 4:30 PM **LES MILLS BODYCOMBAT** (JEN)
- 5:30 PM **BARRE ABOVE** (ASHLEY)
- 6:40 PM DANCE FITNESS (AMY & PAULA)

WEDNESDAY

- 5:15 AM **LES MILLS BODYPUMP** (ANGIE)
- 5:15 AM CYCLE (ANGELA)
- 8:00 AM CLASSIC FITNESS (SUSAN)
- 9:00 AM TOTAL BODY (ANNA)
- 9:00 AM CYCLE (JULIE)
- 10:00 AM BARRE ABOVE (EMILEE)
- 4:30 PM PILATES (JENNIFER)
- 5:30 PM **LES MILLS BODYPUMP** (SHANNON)

SUNDAY

- 2:00 PM CIRCUIT (1ST & 15TH)

THURSDAY

- 5:15 AM **LES MILLS BODYCOMBAT** (SHANNON)
- 5:15 AM CYCLE (MICHELLE)
- 9:00 AM TOTAL BODY (JULIE)
- 10:00 AM CHAIR FITNESS (LINDA)
- 4:30 PM **LES MILLS yoga** (JEN)
- 5:30 PM DANCE FITNESS (AMY & PAULA)

FRIDAY

- 5:15 AM **LES MILLS BODYPUMP** (ANGIE)
- 5:15 AM CYCLE (GARY C)
- 8:00 AM BEGINNER YOGA (SUSAN)
- 9:00 AM TOTAL BODY (ANNA)
- 9:00 AM CYCLE (TARA)
- 12:15 PM TABATA (EMILEE)

SATURDAY

- 8:00 AM PILATES (JENNIFER)
- 8:00 AM CYCLE
- 7TH ANGELA, 14TH GARY
- 21ST ERIN, 28TH ERIN
- 9:30 AM 7TH **LES MILLS BODYPUMP** (ANGIE)
- 14TH **BARRE ABOVE** (EMILEE)
- 21ST **LES MILLS BODYCOMBAT** (MELISSA)
- 28TH ZUMBA (MISSIE)
- 10:45 AM **LES MILLS yoga** (JEN, TARA, ASHLEY)

Group Exercise Class Descriptions

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 YOGA® – Created by world leading experts and grounded in traditional practice, this 45 minute class explores a unique state of being. Through guided conscious movement, it's yoga made accessible, helping people reconnect and leave calm, centered and renewed.

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.

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.

TOTAL BODY – Improve overall fitness by combining resistance training exercises organized in challenging sets with cardio mixed in. This full-body workout is multi-level with modifications shown using a variety of resistance equipment. Train strength, endurance, cardio and flexibility.

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.

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.

CIRCUIT TRAINING – This workout is designed to build muscular endurance and conditioning using a 60/20 interval structure. 60 seconds of hard effort focusing on steady movement, followed by 20 seconds of rest. 2 rounds and you'll have hit every major muscle group while keeping your heart rate in the "burn zone."

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 it's 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.

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.