



# GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE JULY 1ST, 2024

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
5:15 am		<b>LES MILLS BODYCOMBAT</b> Shannon Cycling Jenny	<b>LES MILLS BODYPUMP</b> Angie Cycling Angela	<b>LES MILLS BODYCOMBAT</b> Shannon Cycling Michelle	<b>LES MILLS BODYPUMP</b> Angie Cycling Gary C.	<b>8:00 am</b> Pilates Linda Cycling Casey Cycling Kevin
8:00 am	Classic Fitness Susan H.	★ Intro to Strength Training Caden	Classic Fitness Susan H.	Beginner Pilates Linda	Beginners Yoga Practice Susan H.	<b>6th</b> Casey <b>13th</b> Kevin <b>20th</b> Angela <b>27th</b> Kevin
9:00 am	Tabata Emilee Cycling Kevin	Strength & Conditioning Julie	<b>BARRE ABOVE</b> Emilee "Yacht Rock" Cycling w/ Tara	<b>LES MILLS BODYPUMP</b> Jen	<b>LES MILLS BODYCOMBAT</b> Jen	<b>9:30 am</b> <b>6th</b> <b>LES MILLS BODYCOMBAT</b> Shelly
10:00 am		Enrich Linda	Beginner HIIT/Tabata Caden		<b>BARRE ABOVE</b> Emilee	<b>13th</b> Tabata Emilee
4:30 pm	Strength & Conditioning Caden		<b>LES MILLS BODYCOMBAT</b> Ashley	HIIT Caden		<b>20th</b> <b>LES MILLS BODYCOMBAT</b> Shannon, Jen, Ashley, Shelly
5:30 pm	<b>LES MILLS BODYPUMP</b> Shannon Cycling Michelle	<b>BARRE ABOVE</b> Ashley Cycling Casey	<b>LES MILLS BODYPUMP</b> Shannon	Dance Fitness Amy/Paula		<b>27th</b> <b>LES MILLS BODYPUMP</b> Jen, Angie, Shannon
6:40 pm		Dance Fitness Amy/Paula		Pilates Linda		



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

## YMCA HOURS

The YMCA will be closed the 4th of July in observation of Independence Day and 24 Hour Access will not be available starting at 3pm. The YMCA is open M–Th 5am–8pm, Friday 5am–7pm, Saturday 6am–5pm, and Sunday 11am–5pm. As a reminder, 24-Hour Access is offered as a member benefit to allow use of our Wellness Center from the hour of closing to opening.

## 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:  
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!

**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.

**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.

**INTRO TO STRENGTH TRAINING** - This class goes through the ins and outs of the fitness center. The goal is to get everyone comfortable with the various forms of equipment. We will go through various workouts, and go over form and correct usage.

**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!

**MORNING MIX** - 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!

**BALANCE W/ STABILITY BALL** - Workouts combining stability balls and weights that enhance balance and posture through the strengthening of your core and other various muscles.

