



LAND FITNESS WITH FRIENDS

TOWPATH TRAIL YMCA

JUNE 2017 Group Exercise Schedule

MONDAY

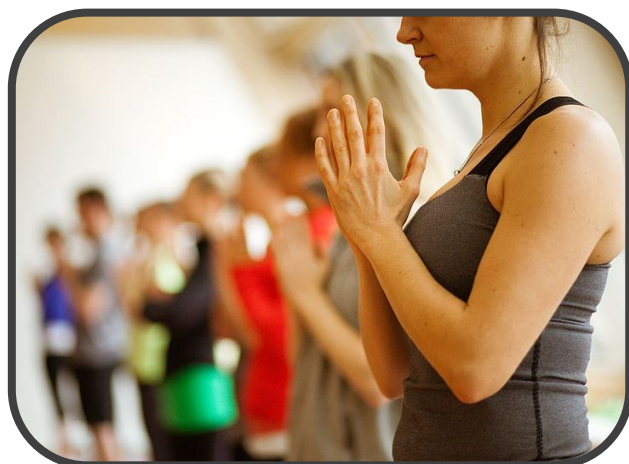
- 5:15am **Tri Fit Conditioning** w/ Michelle (30 min)
- 8:00am **Walk & Tone** with Heather (gym)
- 8:00am **SPINNING (\$)** with Stacey
- 9:00am **Aerobic Conditioning** with Terry
- 10:00am **RIPP** with Kristina
- 11:00am **Mat Pilates Plus** with Heather
- 4:30pm **Intro to Energy Pump** with Beth
- 5:30pm **Tabata** with Robin/Amy
- 5:30pm **Fitness Circuit** with Scott (gym)
- 6:30pm **Zumba** with Robin

TUESDAY

- 8:00am **Poolside Yoga** with Heather
- 8:00am **Total Body Fitness** with Michelle
- 9:00am **Zumba Gold** with Elaine (gym) **NEW**
- 9:00am **Strong Women** with Jodee (30 min)
- 9:30am **Metabolic Blast** with Jodee (30 min)
- 11:00am **SilverSneakers® Classic** with Heather
- 4:30pm **Yoga/Pilates** with Heather
- 5:30pm **SPINNING (\$)** with Robin
- 5:30pm **Tri Fit Circuit** with Jackie (gym)
- 6:30pm **Kickbox Fusion** with Robin

WEDNESDAY

- 5:15am **Tri Fit Conditioning** w/ Michelle (30 min)
- 6:00am **Holy Yoga** with Katie **NEW**
- 8:00am **Walk & Tone** with Michelle (gym)
- 8:00am **Zumba Gold** with Debbie
- 9:00am **SPINNING (\$)** with Mike
- 9:00am **TRX (\$)** with Kristina (gym)
- 10:00am **Cardio Blast** with Kristina
- 11:00am **SilverSneakers® Yoga** with Beth **NEW**
- 4:30pm **HIIT Yoga** with Beth **NEW**
- 5:30pm **Beginner Belly Dancing** with Irene
- 5:30pm **Fitness Circuit** with Scott (gym)



New June Classes

- HIIT Yoga - Wednesday 4:30pm**
- Holy Yoga - Wednesday 6:00am**
- SilverSneakers® Yoga - Wednesday 11:00am**
- Zumba Gold - Tuesday 9:00am**

THURSDAY

- 8:00am **Poolside Yoga** with Heather
- 8:00am **Total Body Fitness** with Michelle
- 9:00am **Fit Body** with Amanda
- 10:00am **RIPP** with Kristina
- 11:00am **SilverSneakers® Classic** with Heather
- 4:30pm **Barre Envy (\$)** with Heather
- 5:30pm **Energy Pump** with Robin
- 5:30pm **TRX Velocity (\$)** with Jodi
- 6:30pm **SPINNING (\$)** with Robin

FRIDAY

- 5:15am **Tri Fit Conditioning** w/ Michelle (30 min)
- 8:00am **Walk & Tone** with Michelle (gym)
- 9:00am **Aerobic Conditioning** with Terry
- 10:00am **Silver Strength and Stretch** with Roy
- 11:00am **Mat Pilates Plus** with Heather

SATURDAY

- 9:00am **SPINNING (\$)** with Mike
- 9:00am **Tri Fit Circuit** with McKenzie (gym) **NEW**
- 10:00am **Zumba** with Madeline

| LEVEL | CLASS | DESCRIPTION |
|--------------|---|--|
| ALL | Fitness Circuit | A variety of stations of cardio, strength, or endurance...you decide the intensity level. |
| LOW | Beginner Belly Dancing & Isolation | Slow break down of beginning moves with explanations of hand work and body isolations. Across the room moves are also taught and introduces beginner props. |
| LOW | SilverSneakers® Yoga | Formally Chair Yoga. Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. |
| LOW | Holy Yoga | Christ centered class that incorporates gentle stretching, strength building, and balancing postures that aim to rejuvenate the body, mind, and spirit. |
| LOW | Mat Pilates Plus | Gentle yet challenging non-impact strength & toning. Uses mat on the floor and/or standing. |
| LOW | Pilates | Increase flexibility, mobility, balance, and body awareness. |
| LOW | Poolside Yoga | Warm yoga is a series of poses done in maintained (heated room) producing more warmth and flexibility to the body. Be sure to bring water, mat, extra towel and dress comfortably. No bathing suits. For any level. |
| LOW | SilverSneakers® Classic | Variety of exercises designed to increase muscular strength, range of movement, and activity. Hand weights, elastic bands with handles, and a ball are offered for resistance. Chair used for seated and/or standing support. |
| LOW | Silver Strength & Stretch | Strengthen and tone your muscles with weights and more while stretching. |
| LOW | Walk & Tone | Walking and strength exercises using weights and band to tone your whole body. |
| LOW | Zumba Gold | Latin and international dance rhythms for active older adult or beginner dancer. |
| MED | Aerobic Conditioning | Different types of aerobic exercises (hi/low and sports conditioning) and toning. |
| MED | Barre Envy (\$) | Non-impact class to strengthen, tone using ballet barre and light props. Yoga, ballet and Pilates. |
| MED | Barz & Bellz | Combination of barbells (RIPP style) & kettlebells used for cardio endurance and building strength. |
| MED | Energy Pump | This workout challenges all of our major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. |
| MED | Fit Body | Every class is different! Hi-lo, step, sculpting, Bosu work, partner exercises, and cardio challenges. |
| MED | Strong Women | Increase strength, balance, and muscle mass using a variety of barbells, dumb bells & body bars. |
| MED | TRX (\$) | Suspension training system that utilizes full core strength to engage every muscle in the body. |
| MED | Total Body Fitness | A combination of cardio and strength training designed to train your body head to toe. |
| MED | Tri Fit Circuit | A variety of aerobic and strength exercises designed to condition the whole body in a circuit format. This class is similar to Tri-fit Conditioning but in a circuit format. |
| MED | Tri Fit Conditioning | A variety of aerobic and strength exercises designed to condition the whole body. Includes light aerobics, sports conditioning and flexibility (unique styles offered by different instructors to achieve the same results). |
| MED | Zumba | An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. |
| HIGH | Cardio Blast | Different workout every time! Kickboxing, step, high/low impact, sports conditioning. |
| HIGH | HIIT Yoga | High intensity interval training combined with Yoga! A fun and effective way to challenge yourself by fusing the two seemingly different formats together to build strength, endurance, and flexibility. |
| HIGH | Kickbox Fusion | This addictive workout combines shadow boxing, kickboxing, sports drills, dancing, and yoga. |
| HIGH | RIPP | Pre-choreographed high energy barbell class that challenges every muscle group to the max. |
| HIGH | SPINNING @ (\$) | An effective indoor group exercise class utilizing stationary bikes. Instructor guides a ride simulating outdoor cycling that shreds fat and boosts cardiovascular strength and endurance. |
| HIGH | Tabata | "High Intensity Interval Training". High intensity refers to the amount of effort expended. Interval training involves alternating segments of work and recovery. |
| HIGH | TRX Velocity (\$) | Suspension training system to utilize your full core strength and adds bouts of cardio to engage every muscle in your body. |