

**\*\*MUST REGISTER  
\*FEE Required**

**DOWNTOWN Y Group Fitness Schedule  
UPDATED August 3, 2015**

**\*NEW Class or Time\***

SPORTS PERFORMANCE

MIND BODY

WELLNESS

**MONDAY**

	Time	Class Type	Instructor	Studio	Fitness Level
AM	6:00 AM (60)	*COMPUTRAINER/Cycle FEE for Computrainer	Sam S	Cycle Room	beginner-advanced
	6:00 AM (50)	R.I.P.P.E.D	Ted K	1	beginner-advanced
	10:45 AM (60)	SILVER SNEAKERS	John P	1	beginner-advanced
Lunch	12:10 PM (40)	R.I.P.P.E.D	Liz H	1	beginner-advanced
	12:10 PM (40)	ZUMBA	Barb B	2	beginner-advanced
	12:10 PM (40)	Lunchtime Cadence	Randy H	Cycle Room	beginner-advanced
	1:10pm (40)	Yoga-FLOW	Dixie G	1	beginner-advanced
	1:10 PM (40)	Y-FIT Training	Brian K	Boxing	intermediate-advanced
PM	5:30 PM (15)	AWESOME ABS	Debbie C	1	beginner-advanced
	5:45 PM (50)	R.I.P.P.E.D	Debbie C	1	beginner-advanced
	6:00 pm (60)	Yoga-FLOW	Amy R.	2	beginner-advanced
	6:30 PM (90)	**BOXING PROGRAM	Tom Coulter	Boxing	intermediate-advanced

**TUESDAY**

AM	5:45 AM (75)	RUNNING GROUP	Kevin C	Front Desk	beginner-advanced
	6:00 AM (45)	PIYO	Katy B	1	beginner-advanced
	6:15 AM (45)	CYCLE	Chris R	Cycle Room	beginner-advanced
	7:30 AM (60)	WALK to RUN	Kevin C	Track Level	beginner-advanced
Lunch	12:10 PM (40)	TRX Boot Camp	James	Auxiliary Gym	beginner-advanced
	12:10pm (40)	Y-BODY CUTS	Tracy V	1	beginner-advanced
	12:10 PM (40)	ZUMBA	Jennifer S	2	beginner-advanced
	1:10pm (40)	RELEASE and RE-ALIGN	Bob B.	1	beginner-advanced
PM	5:00 pm (60)	Yoga-FLOW	Brian K	1	beginner-advanced
	6:00 PM (60)	ZUMBA	Lucy L	2	beginner-advanced
	6:30 PM (90)	**BOXING PROGRAM	Tom Coulter	Boxing	intermediate-advanced

**WEDNESDAY**

AM	6:00 AM (75)	*COMPUTRAINER/Cycle FEE for Computrainer	Ted K	Cycle Room	beginner-advanced
	6:00 AM (60)	Triathlon Swim Program	Sam S	Pool	beginner-advanced
	6:30 AM (60)	Y-BODY CUTS	Alicia D	1	beginner-advanced
LUNCH	12:10 pm (40)	PILATES	Dixie G.	2	beginner-advanced
	12:10pm (40)	T.N.T	Liz H	Auxiliary Gym	beginner-advanced
	12:10 PM (40)	Lunchtime Cadence	Randy H	Cycle Room	beginner-advanced
	1:10pm (40)	Yoga-FLOW	Dixie G.	1	beginner-advanced
PM	5:00 pm (60)	Yoga-FLOW	Brian K	1	beginner-advanced
	6:15 PM (60)	POWER CUTS	Michelle M	1	beginner-advanced
	6:30 PM (90)	**BOXING PROGRAM	Tom Coulter	Boxing	intermediate-advanced

**THURSDAY**

AM	6:00 AM (50)	R.I.P.P.E.D	Ted K	1	beginner-advanced
	6:15 AM (45)	Rowing	Susan R	Rowing Room	beginner-advanced
	10:45 AM (60)	SILVER SNEAKERS	John P	1	beginner
Lunch	12:10 PM (40)	Y-FIT Training	Brian K	Boxing	intermediate-advanced
	12:10 PM (40)	TRX Boot Camp	James	Auxiliary Gym	beginner-advanced
	12:10 PM (40)	Cycle	John P	Cycle Room	beginner-advanced
	12:10pm (40)	Y-BODY CUTS	Kathy K	1	beginner-advanced
	12:10 PM (40)	ZUMBA	Jennifer S	2	beginner-advanced
	1:10pm (40)	RELEASE and RE-ALIGN	Bob B.	1	beginner-advanced
	6:00 PM (40)	ZUMBA	Lucy L	2	beginner-advanced
PM	6:15 PM (45)	Pilates	Katy B	1	beginner-advanced
	7:00 PM (60)	Yoga-Release	Katy B	1	beginner-advanced
	6:30 PM (90)	**BOXING PROGRAM	Tom Coulter	Boxing	intermediate-advanced

**FRIDAY**

AM	6:00 AM (60)	*COMPUTRAINER/Cycle FEE for Computrainer	Ted K	Cycle Room	beginner-advanced
Lunch	12:10 PM (40)	R.I.P.P.E.D	Liz H	1	beginner-advanced
	12:10 PM (40)	DANCE-FIT	Annette	2	beginner-advanced
	12:10 PM (40)	Lunchtime Cadence	Steph M	Cycle Room	beginner-advanced
	12:10 PM (40)	Boxing Class	Shane M	Boxing Gym	intermediate-advanced
	1:10pm (40)	Yoga-STRENGTH	Steph M	1	beginner-advanced
PM	6:30 PM (90)	**BOXING PROGRAM	Tom Coulter	Boxing	intermediate-advanced

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## SATURDAY

AM	8:00 AM (60)	MASTER SWIM	Staff	Pool	beginner-advanced
	8:30 AM (50)	Y-BODY CUTS	Michelle M	1	beginner-advanced
	9:30 AM (50)	ZUMBA	Michelle M	2	beginner-advanced

### MIND/BODY

Practicing relaxation, concentration, precision, and control, these classes will help build physical and mental awareness as well as increase the ability to handle stress

**YOGA-Flow** Vinyasa style yoga, connecting pose to pose with each breath. This style training enhances range of motion and increases blood flow

**YOGA-Release** Yin style yoga, meant to release and realign muscles and connective tissue. This practice enhances relaxation and relieves muscle tension

**YOGA-Strength** Power style yoga, using longer holds on standing poses. This practice increases muscle strength, coordination, and balance

**PILATES** Taught in the traditional style developed by Joseph Pilates, these series of exercises are taught with control and precision. As strength and mindfulness increase movements more challenging increase core strength and total body coordination

**PIYO** A combination of the core work and stability training from Pilates with the range of motion and flow of Yoga-Flow

**RELEASE & REALIGN** Using the exercise ball to perform strength exercises for all the major muscle groups to create a well balanced and strong torso and the FOAM ROLLER to release muscle tension

### SPORTS PERFORMANCE

Training includes RUNNING, SWIMMING, CYCLING, as well as dynamic strength drills, plyometrics and functional training. Combined, this training creates a well rounded athlete, increasing abilities and preventing injury

**MASTER SWIM** Improve your overall fitness and swimming skills while you enjoy the group dynamic and get a great workout

**BOXING PROGRAM** Authentic training in the sport of BOXING. Training overall power and endurance, this program delivers a total body workout

**LUNCHTIME CADENCE** Train for well rounded cardiovascular fitness by alternating endurance speed and power training

**Y-FIT Training** Keep your body improving with this dynamic functional workout. Boot Camp style format will keep your body moving

**TRX Boot Camp** Athletic style workout combining plyometric and power drills with functional strength TRX exercises, engaging the core as well as incorporating muscles of the entire body

**Y-RUNNING PROGRAM** Develop your running abilities, with the help of a coach, who will guide you through a program adaptable to all levels of fitness

**TRI-SWIM** Training to prepare for the swimming portion of a triathlon. Beginner, Intermediate and Advanced levels available

### WELLNESS

Whether your goal is to lose weight or gain/maintain fitness you will create a healthy balanced body, while participating in these classes. Designed to offer balanced strength and endurance, these workouts keep your body and heart strong

**R.I.P.P.E.D** Resistance- Intervals -Plyometrics -Power -Endurance. Combine these components together into one class. Sessions follow prescribed choreography renewed 4 x a year

**DANCE-FIT** A dance based instructional cardio workout with fun and effective choreography and great rhythms

**ZUMBA** Dance style workout combining fun choreography and great music

**CYCLE** Using stationary cycles, this fun and effective cardiovascular exercise can be adapted to any fitness level

**Y-BODY CUTS** Balanced total body strength training

**T.N.T** Get ready to BLAST!!! Away the calories, with this BOOT CAMP style class that alternates strength and cardio intervals with very short recovery times

**POWER-CUTS** Total Body Strength, done circuit style with some cardio drills added in for FUN

**Silver Sneakers** Increase range of motion and keep the body in balance through strength and flexibility