### 2020 WINTER Group Exercise Schedule (1/4/2020-3/15/2020)

**Schedule subject to class changes and holiday weeks**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td><strong>6am</strong></td>
<td>Barre Fit</td>
<td>Yoga Flow</td>
<td>SilverSneakers® Classic</td>
<td>Rotating Instructors</td>
<td>Yoga for Chronic Pain</td>
<td>Deep Water in Indoor Pool</td>
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<td>Group Exercise Studio</td>
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<td></td>
<td>Barbara D</td>
<td>Brenda L</td>
<td>Denise E</td>
<td>Denise E</td>
<td>Sandy O</td>
<td>Sundee</td>
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<tr>
<td><strong>8am</strong></td>
<td>Step &amp; Strong</td>
<td>Step &amp; Strong</td>
<td>Step &amp; Strong</td>
<td>Activity</td>
<td>Step (Level 1)</td>
<td>Yin Yoga</td>
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<td>Group Exercise Studio</td>
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<tr>
<td></td>
<td>Gretchen O</td>
<td>Ivan C</td>
<td>Mary F</td>
<td>Robby F</td>
<td>Sandy O</td>
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<td>Indoor Pool</td>
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<td></td>
<td>Jessica</td>
<td>Jennifer</td>
<td>Michelle</td>
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<td><strong>10am</strong></td>
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<td>Group Ex in Indoor Pool</td>
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Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.
**Class Descriptions**

**Springs Family YMCA**

**Active Older Adult Aqua Range of Motion** - This class is designed for seniors with physical limitations and is intended to improve range of motion, strength, flexibility and endurance.

**Active Older Adult Cardio Strong** - An easy on the joints exercise class that combines low-impact aerobics with muscle/core/balance strengthening using hand weights, resistance bands and exercise balls. While it is a great workout for anyone, it is specifically designed for seniors, but is appropriate for anyone starting or returning to exercise.

**Active Older Adult Strong** - Combines low-impact aerobics with muscle/core/balance strengthening using hand weights, resistance bands and exercise balls.

**Aqua Boot Camp - outside pool, weather permitting** - This is a very hard cardio/strength class using various tools, in the outside pool, weather permitting.

**Aqua Cardio Mix - Deep Water** - Blast serious calories and discover endurance and increased range of motion.

**Aqua Dance** - Have fun while dancing to popular music, and dance rhythms designed just for water, in cardio intervals for maximum results!

**Aqua Interval** - Looking for a class that works everything? This workout utilizes resistance training, cross-training, and resistance bands to provide a full-body workout without causing strain on the joints.

**Aqua Strong** - Increase strength and power utilizing the resistance of the water, and specialized water dumbbells and equipment. Class in shallow water.

**Aqua Yoga Deep** - Perform flowing and graceful movements of yoga and stretching while in the water. Connect the mind and body in an aquatic environment.

**Barre Fit** - A fusion class that works with the ballet barre, this class will combine elements of Pilates, ballet, yoga and muscular endurance training to improve posture, increase balance and tighten your core.

**BODYPUMP™** - Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 590 calories*

**BODYPUMP™ Express** - A 30 or 45-minute version of your favorite total body barbell workout.

**Breath and Mind** - This is a breathing and meditation class for beginners and experienced participants alike. In this class, you will find excellent ways to heal yourself physically, mentally, emotionally and spiritually.

**Cardio Dance Light** - Cardio dance class synced to pop and Latin pop music with the use of light hand weights optional. Class is designed to increase stamina and strengthen and tone major muscles while also improving balance and flexibility.

**Cardio Dance** - This dance fitness class offers challenging, yet easy to learn dance sequences that burn hundreds of calories, improve memory and coordination skills, and improve your heart rate in a safe and fun environment!

**Cardio Funk** - This class is a combination of easy to learn hip-hop dance moves perfectly choreographed to high energy and motivating music. No previous dance experience needed!

**Cardio Kickboxing** - Punch and kick your way to cardio fitness! This energetic workout incorporates boxing, karate, Taekwondo, and more. Basic enough for the beginner, yet challenging enough for the experienced participant.

**Chair Yoga** - This is a specialty yoga class for anyone with hip or knee problems, or who has difficulty getting up or down from the floor.

**Combo Cycling** - Enjoy working intervals on and off the bike in this class, which combines the benefits of a cardio workout through cycling and the benefits of strength training through body-weight and free-weight exercises on the mat.

**Cycling** - Each ride is unique, but may include simulated hills, mountains, flat road, and racing. Indoor cycling is a great cardio workout that is set to music.

**Family Yoga** - Basic yoga appropriate for all levels and ages 5 years and up. The whole family would benefit from this practice, geared toward developing flexibility and strength.

**Gentle Hatha Yoga** - Gentle stretching and breathing will help you enhance your awareness of your own body and create healthy patterns for reducing stress and body aches.

**Hatha Yoga** - Will include postures and stretches used in conjunction with breath control to develop mind-body awareness. These classes seek to develop strength and flexibility to cultivate a balance between the two for optimal fitness results.

**Flow Yoga** - This down tempo power flow class focuses each week on a practice that will strengthen, tone, increase stamina and endurance. Perfect for the athlete or Power Yoga veteran.

**Mat Pilates** - Once you have learned the fundamental exercises of Pilates, add more intensity through longer repetitions and more advanced options. Magic Circles, armbar, crisscross stretch, and other resistance bands may be used to enhance the challenge.

**Mat Pilates - Beginning** - Learn the fundamental exercises of Pilates to strengthen your core, lengthen your body, and improve your posture. In this class, your body stretches and strengthens.

**P90X® LIVE** - This is a total-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work.

**Power Yoga** - Power Yoga is an athletic vinyasa practice. Through constant movement, you will build internal heat and increase your stamina, strength, and flexibility.

**RPM™** - Improve cardiovascular conditioning with Les Mills RPM™. It is an indoor cycling class, choreographed and set to the rhythm of motivating music and a variety of Strong by Zumba®.

**Strong by Zumba®** - This high intensity class torches fat and tones the body by using plyometric and explosive exercises like high knees, burpees, and jumping jacks.

**Step Level One** - This entry level class will help the novice stepper who wants to learn basic Step patterns and/or those who wish to improve on the basics. Using simple stilts and equipment.

**SilverSneakers® Classic** - Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living.

**STAI Chib** - A graceful form of exercise used for stress reduction, strength and balance. A progressive class with a moderate fee for participation. Age 12 and up only please.

**STRX** - Suspension training that strengthens and provides a cardio workout, with supreme core emphasis.

**Vinyasa Yoga - Beginning** - A moderately paced class where students continue to build awareness, strength, skill, and focus. Vinyasa (also called Flow) classes maintain awareness and focus on the breath while moving through a series of postures.

**Vinyasa Yoga - Int/Adv** - In this class all types of postures are explored in greater depth. Postures are explored from various vantage points, holding for periods of time. Participants should have prior yoga experience in intermediate yoga classes or higher levels.

**Water Walking** - Get your heart rate up, and go the distance with this cardio training class. Learn proper technique for big benefits without the impact of land while increasing your overall endurance.

**Yin Yoga** - This class usually consists of a series of long-held, passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, lower spine. Those poses are available in intermediate classes. The poses are held for 5 to 6 minutes, sometimes longer.

**Yoga Strong** - This class combines light weights with traditional yoga poses and stretches to increase strength, improve flexibility and build endurance. It is a total body sculpt, incorporating vinyasa flows - cardio and flexibility. Many classes have weight.

**Zumba®** - Fat blaster! Fuses hypnotic Latin and world rhythms for a dynamic dancing interval workout!