



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

MIAMI COUNTY YMCA, PERU IN

PHONE: (765) 472-1979

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 UPDATES & CANCELLATIONS

# Group Exercise Schedule

April 2<sup>nd</sup> – April 29<sup>th</sup>, 2023

## Monday

Time	Class	Location
<b>AM Classes</b>		
5:30-6:15	Group Cycling	A
9:00-10:00	Bodyworks	B
10:15-11:00	SilverSneakers Classic	A
10:15-11:00	SilverSneakers Classic	B

## PM Classes

5:00-6:00	Pilates	B
5:15-6:15	Modern Line Dance	A
6:15-7:00	Cardio Sculpt	B
7:15-7:45	POUND	B

## Tuesday

Time	Class	Location
<b>AM Classes</b>		
8:00-8:45	Group Cycling	A
9:00-10:00	Low Impact Dance	B
	Fitness	
9:00-10:00	Step Aerobics	A
10:15-11:00	SilverSneakers Yoga	A
10:15-11:00	SilverSneakers Yoga	B

## PM Classes

5:15-6:15	Dance Fitness	B
5:30-6:15	Group Cycling	A
6:30-7:30	Pumped Up Strength	B
6:30-7:30	Yoga	A

## Wednesday

Time	Class	Location
<b>AM Classes</b>		
5:30-6:15	Group Cycling	A
9:00-9:45	Group Cycling	A
9:00-10:00	Bodyworks	B
10:15-11:00	SilverSneakers Classic	A
10:15-11:00	SilverSneakers Classic	B

## PM Classes

5:00-6:00	Pilates	B
5:45-6:15	Rest & Recover	A
6:15-7:00	Cardio Sculpt	B
7:15-8:00	Barre	B

## Thursday

Time	Class	Location
<b>AM Classes</b>		
8:00-8:45	Group Cycling	A
9:00-9:45	Low Impact Dance	B
	Fitness	
10:15-11:00	SilverSneakers Yoga	A
10:15-11:00	SilverSneakers Yoga	B
11:15-12:15	Modern Line Dance	A

## PM Classes

5:15-6:15	Dance Fitness	B
5:15-6:15	Modern Line Dance	A
6:30-7:15	Zumba Toning	B

## Friday

Time	Class	Location
<b>AM Classes</b>		
5:30-6:15	Group Cycling	A
9:00-10:00	Pilates	B
10:15-11:00	Low Impact Dance	B
	Fitness	

## PM Classes

5:30-6:30	Dance Fitness	B
6:45-7:30	Rest & Recover	A

## Saturday

Time	Class	Location
<b>AM Classes</b>		
9:00-10:00	Barre	B
10:15-10:45	POUND	A
10:15-11:15	Modern Line Dance	B

### Location Key

A – Group Exercise Studio A

B – Group Exercise Studio B

Group Exercise Schedules  
 will be updated once a  
 month!

# Group Exercise Class Descriptions

**Barre** – mixes elements of Pilates, dance, yoga, and functional training to sculpt, slim, and stretch the entire body.

**Bodyworks** - is a workout for your whole body! The first half of class is a cardio workout which includes a mix of kickboxing, dance, or jogging, and the second half of the class is dedicated to toning using hand weights, resistance bands, stability balls, rings, and Pilates.

**Cardio Sculpt** - is a fun, calorie-blasting fitness class that combines aerobic exercise with muscle sculpting exercises utilizing hand weights.

**Dance Fitness** - allows you to dance your heart out to popular songs while getting an aerobic workout.

**Group Cycling** - builds endurance and trains leg muscles to be strong while being kinder to knees and ankles due to minimal weight bearing. These classes are taught on stationary bikes, but they simulate outdoor riding which include sprinting, hill climbing and other techniques.

**Low Impact Dance Fitness** – allows you to dance your heart out to popular songs while getting an aerobic workout that is a gentle way to get exercise benefits without placing too much stress on muscles, tendons, and joints.

**Modern Line Dance** – this is a step-by-step instruction of dances done in unison and then set to music. Taught in the tradition of country western line dance but using a variety of music genres. Perfect exercise for working on coordination, balance, and for increasing brain memory.

**Pilates** - is a class that will lead you through a series of nonimpact exercises that will develop strength, flexibility, balance, and inner awareness. Emphasis is put on developing a strong core and control of the body.

**POUND®** – uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into a full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

**Pumped Up Strength** - dynamically integrates your upper and lower body for a workout that combines strength and cardio, revs your metabolism, and trains your body in a whole new way! If you enjoy lifting weights, then this class is for you!

**Rest & Recover** – is for anyone who would like to increase their flexibility and range of motion. Uses equipment such as foam rollers, exercise balls, and balancing blocks to relieve tension from and increase blood flow to muscle tissues.

**SilverSneakers Classic** - is a low impact class that leads you through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated exercises and standing support.

**SilverSneakers Yoga** - is a low impact class that leads you through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Step Aerobics** - is a moderate impact class that involves stepping up and down on an adjustable height platform. Developed by Gin Mille, she started rehabbing her knee after surgery by stepping up and down the steps on her front porch. Intensity is controlled by adjusting the height of the step (platform is 4" and each riser adds 2") as well as the amount of arm movements.

**Yoga** – focuses on breath control, meditation and deep stretching in order to improve overall health and relaxation.

**Zumba® with Toning** - combines the fun of a normal Zumba® class and adds total body strength training throughout the class by incorporating hand weights.