



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

MIAMI COUNTY YMCA, PERU IN  
 PHONE: (765) 472-1979  
 VISIT WWW.MCYMCA.ORG FOR  
 UPDATES & CANCELLATIONS

# Group Exercise Schedule

## AUGUST 12<sup>TH</sup> – 31<sup>ST</sup>, 2024

### Monday

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

### PM Classes

5:00-6:00	Modern Line Dance-MLD	B
5:00-6:00	Pilates	A
6:00-7:00	Water Aerobics	P
6:15-7:00	Cardio Sculpt	B

### Tuesday

Time	Class	Location
<b>AM Classes</b>		
9:00-10:00	Step Aerobics	A
10:15-11:00	SilverSneakers Yoga	B

### PM Classes

5:00-6:00	*Yoga	B
5:45-6:30	Zumba Toning	A
6:30-7:00	Tabata Strength	B
6:45-7:30	Dance Fitness	A

### Wednesday

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

### PM Classes

4:30-5:00	HIIT-Step	A
5:00-6:00	Pilates	B
5:30-6:00	Zumba	A
6:00-7:00	Water Aerobics	P
6:15-7:15	Pumped Up Strength	B

### Thursday

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

### PM Classes

5:00-6:00	Modern Line Dance-MLD	B
6:00-6:30	Advanced MLD	B
5:45-6:30	POUND	A
6:45-7:30	Dance Fitness	B
6:45-7:15	HIIT-Step	A

### 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

### Saturday

Time	Class	Location
<b>AM Classes</b>		
9:00-10:00	Barre	A
10:00-11:00	Modern Line Dance-MLD	B
11:00-11:30	Advanced MLD	B

**\*NO YOGA Class Aug. 12<sup>th</sup>-17<sup>th</sup>**

#### LOCATION KEY:

- A-STUDIO A
- B-STUDIO B
- P-POOL

#### CHILD WATCH HOURS

- Monday-Friday:  
8 am to Noon & 4 pm to 8 pm
- Saturday:  
9 am to 12 pm

#### CHECK OUT THE YMCA ONLINE SCHEDULE AT:

**MCYMCA.ORG**

\*Schedule Updated 08/06/2024

## Group Exercise Class Descriptions

**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 simulate outdoor riding, including sprinting, hill climbing, and other techniques.

**HIIT-Step** -a 30-minute class with dynamic and intense aerobic step exercises that combine the benefits of high-intensity interval training (HIIT) with step movements and a mix of weight and body weight.

**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** -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, and 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®** – is the world’s first cardio jam session inspired by playing the drums. Using 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!

**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 various 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 (the platform is 4” and each riser adds 2”) and the amount of arm movements.

**Tabata Strength** - involves short bursts of intense exercise followed by brief rest periods. Each class will offer a series of challenging moves that target different muscle groups. Get ready to push yourself to the max during each 20-second work interval, knowing that a 10-second recovery period will soon follow. Options will be offered for all fitness levels.

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

**Zumba®** – is a fusion of Latin and International music/dance themes that feature aerobic interval training.

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