



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

November 24th – December 21st, 2024

Monday

Time	Class	Location
AM Classes		
5:30-6:15	Group Cycling	A
9:00-9:45	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	Pilates	B
5:15-6:00	Dance Fitness	A
6:15-6:45	Tabata Strength	B

Tuesday

Time	Class	Location
AM Classes		
5:15-6:00	RIP	A
9:00-10:00	Step Aerobics	A
10:15-11:00	SilverSneakers Yoga	B

PM Classes

5:00-6:00	Yoga	A
5:00-6:00	Line Dance	B
6:00-6:30	Advanced Line Dance	B
6:45-7:45	Pumped Up Strength	B

NO GROUP EXERCISE CLASSES:

THE EVENING OF NOVEMBER
 27TH – DECEMBER 1ST

&

DECEMBER 22ND -JANUARY 4TH

Wednesday

Time	Class	Location
AM Classes		
5:30-6:15	Group Cycling	A
9:00-9:45	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	Pilates	B
6:30-7:15	Cardio Sculpt	B

Thursday

Time	Class	Location
AM Classes		
5:15-6:00	RIP	A
10:00-11:00	Beginner/Review MLD	A
10:15-11:00	SilverSneakers Yoga	B
11:15-12:15	Line Dance	A

PM Classes

5:00-6:00	Line Dance	B
6:00-6:30	Advanced Line Dance	B

HOLIDAY DEMO DAYS

JOIN OUR INSTRUCTORS THE
 EVENING OF DECEMBER 23RD
 AND DECEMBER 30TH

FOR A COUPLE QUICK
 WORKOUTS

Friday

Time	Class	Location
AM Classes		
5:30-6:15	Group Cycling	A
9:00-10:00	Pilates	B
10:00-10:30	Abs	A
10:15-11:00	Low Impact Dance	B

PM Classes

5:15-6:00	Dance Fitness	B
-----------	---------------	---

Saturday

Time	Class	Location
AM Classes		
9:00-10:00	Beginner Line Dance	B
10:15-11:15	Line Dance	B

****YOGA CLASS WITH GINNY****
SATURDAY DECEMBER 14TH
9:45 AM TO 10:45 AM

Location Key

A – Group Exercise Studio A
B – Group Exercise Studio B

CHILD WATCH HOURS

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

Group Exercise Class Descriptions

Abs/Core Class- This class will strengthen your core muscles, including your abdominal, back, and the muscles around the pelvis. This includes twisting, crunches, and planks, among other core exercises.

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.

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.

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. Beginner classes will be available every few months to catch everyone back up to speed for regular classes while Advance classes will be available for those who come to class regularly and are looking for a little extra.

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

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!

RIP- is a class with pre-choreographed routines that are challenging and effective for all fitness levels. It utilizes different sizes of weights, and your instructor will lead and motivate you through a full-body workout focusing on different muscle groups.

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.