



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MIAMI COUNTY YMCA, PERU IN

PHONE: (765) 472-1979

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UPDATES & CANCELLATIONS

# Winter Group Exercise Schedule

## January 2<sup>nd</sup> 2020 – March 28<sup>th</sup> 2020

### Monday

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

### PM Classes

4:15-4:55	Group Cycling	GER
5:00-6:00	Pilates	GER
6:15-7:00	Zumba/Dance Fitness	GER
7:15-8:00	POUND	GER

### Tuesday

Time	Class	Location
<b>AM Classes</b>		
9:00-10:00	Step Aerobics	GER
10:15-11:00	SilverSneakers Yoga	GER
10:30-12:00	Open Volleyball	GYM

### PM Classes

5:30-6:15	Yoga	GER
6:30-7:15	Barre	GER
6:30-7:15	Dance Fitness	GYM
8:00-10:00	Open Volleyball*	GYM

### Wednesday

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

### PM Classes

4:15-4:55	Group Cycling	GER
5:00-6:00	Pilates	GER
6:15-7:00	Zumba/Dance Fitness	GER
7:15-8:00	POUND	GER

### Thursday

Time	Class	Location
<b>AM Classes</b>		
9:00-10:00	Dance Fitness	GER
10:15-11:00	SilverSneakers Yoga	GER
10:30-12:00	Open Volleyball	GYM

### PM Classes

5:30-6:15	Yoga	GER
6:30-7:15	Barre	GER
6:30-7:15	Dance Fitness	GYM
8:00-10:00	Open Volleyball*	GYM

### Friday

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

### Saturday

Time	Class	Location
<b>AM Classes</b>		
9:00-9:30	Zumba/Dance Fitness	GER
9:45-10:15	POUND	GER
10:30-11:15	Barre	GER
11:30-12:30	Yoga	GER

#### Location Key

GER – Group Exercise Room

GYM – Gymnasium

RB – Racquetball Court

201D – Classroom 201D

\*Only held when Volleyball League is not in session (League Starts Tuesday, January 28<sup>th</sup>)

Schedule Updated 12/27/2019

## 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.

**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.

**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.

**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®** – 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.