



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

SEPTEMBER 29th-October 26th, 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	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
AM Classes		
5:45-6:45	Yoga	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
6:30-7:30	Pumped Up Strength	B
6:45-7:30	Dance Fitness	A

LOCATION KEY:

A-STUDIO A

B-STUDIO B

P-POOL

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
6:15-6:45	HIIT-Step	B
6:00-7:00	Water Aerobics	P
7:15-7:45	**Tabata Strength	B

Thursday

Time	Class	Location
AM Classes		
5:45-6:45	Yoga	B
10:00-11:00	Beginner/Review MLD	A
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	Total Body Tone	A
6:45-7:30	Dance Fitness	B

CHILD WATCH HOURS

Monday-Friday:

8 am to Noon & 4 pm to 8 pm

Saturday:

9 am to 12 pm

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

Saturday

Time	Class	Location
AM Classes		
9:00-10:00	***Barre	B
9:00-10:00	Beginner/Review MLD	A
10:15-11:15	Modern Line Dance-MLD	B
11:15-11:45	Advanced MLD	B

***MLD-Modern Line Dance**

****-October 2nd Tabata
Strength subbed with
HIIT-STEP**

***** October 26th NO Barre**

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.

Barre - mixes Pilates, dance, yoga, and functional training elements 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 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. Beginner/Review classes will be available every few months to catch everyone back up to speed for regular classes while Advance MLD 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 that will 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!

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.

Total Body Tone- a workout that uses various equipment and exercises to tone and strengthen your entire body. Each track is specifically choreographed to various music, including cardio, strength training, flexibility, and mobility exercises. Some classes use weights, medicine balls, resistance bands, and your body weight. The goal is to help you look and feel better all while helping to improve your balance, flexibility, and energy levels

Yoga – focuses on breath control, meditation, and deep stretching 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.