



# WABASH COUNTY YMCA

## MARCH 2023 GROUP EXERCISE SCHEDULE

Effective: 3/1/23 - \*Please note: Classes are subject to change without advanced notice.

MONDAY	CLASS	INSTRUCTOR	LOCATION
<b>5:00-6:00am</b>	<b>Hydro-X</b>	<b>Angie</b>	<b>Lap Pool</b>
5:15-6:00am	Group Cycling	Erica	Spin Room
8:30-9:15am	Group Cycling	Pam	Spin Room
8:30-9:30am	Total Parkinson's*	Amanda	Group Exercise
<b>9:00-10:00am</b>	<b>SilverSplash</b>	<b>Brandi</b>	<b>Lap Pool</b>
10:15-11:00am	Silver Sneakers Classic	Brandi	Group Exercise
<b>11:15-12:00pm</b>	<b>SilverSplash</b>	<b>Brandi</b>	<b>Lap Pool</b>
3:45-4:30pm	Youth Sports Performance	Jay	Group Exercise
4:30-5:30pm	Step Up	Shelly	Group Exercise
5:30-6:15pm	Group Cycling	Audrey	Spin Room
6:00-7:00pm	Dance Fitness	Maryanne	Wooden Gym
TUESDAY	CLASS	INSTRUCTOR	LOCATION
5:15-5:45am	Total Body Circuit (limit to 7)	Christina	Wellness Center
7:30-8:30am	Total Parkinson's Bootcamp*	Jill	Group Exercise
8:30-9:30am	SoulBody Barre/Unhitched	Candy	Group Exercise
<b>9:00-10:00am</b>	<b>SilverSplash</b>	<b>Brandi</b>	<b>Lap Pool</b>
10:30-12:00pm	Geri-Fit (limited spots)	Jill	Group Exercise
6:00-7:00pm	Intro. to Weight Lifting (limit to 6)	Pete	Weight Room
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:15-6:00am	Group Cycling	Erica	Spin Room
8:30-9:30am	Total Parkinson's*	Amanda	Group Exercise
<b>9:00-10:00am</b>	<b>SilverSplash</b>	<b>Brandi</b>	<b>Lap Pool</b>
10:15-11:00am	Silver Sneakers Classic	Brandi	Group Exercise
<b>11:15-12:00pm</b>	<b>SilverSplash</b>	<b>Brandi</b>	<b>Lap Pool</b>
3:45-4:30pm	Youth Sports Performance	Jay	Group Exercise
4:30-5:30pm	Step Up	Shelly	Group Exercise
5:30-6:15pm	Group Cycling	Audrey	Spin Room
5:30-6:30pm	Zumba Toning	Christy	Group Exercise
6:30-7:30pm	Yoga	Kathryn	Group Exercise
THURSDAY	CLASS	INSTRUCTOR	LOCATION
5:15-5:45am	Total Body Circuit (limit to 7)	Christina	Wellness Center
7:00-8:00am	Power Hour	Candy	Group Exercise
8:30-9:30am	Core & More	Steph	Group Exercise
9:30-10:30am	Total Parkinson's Bootcamp*	Jill	Group Exercise
10:30-12:00pm	Geri-Fit (limited spots)	Jill	Group Exercise
4:30-5:25pm	Pure Pump	Jill	Group Exercise
4:30-5:30pm	Dance Fitness	Maryanne	Wooden Gym
6:00-7:00pm	Cardio Strike	Jill	Blue Gym
FRIDAY	CLASS	INSTRUCTOR	LOCATION
<b>5:00-6:00am</b>	<b>Hydro-X</b>	<b>Angie</b>	<b>Lap Pool</b>
5:15-6:00am	Group Cycling	Erica	Spin Room
7:30-8:30am	Total Parkinson's Bootcamp*	Jill	Group Exercise
8:30-9:30am	Total Parkinson's*	Amanda	Group Exercise
<b>9:00-10:00am</b>	<b>SilverSplash</b>	<b>Brandi</b>	<b>Lap Pool</b>
10:15-11:00am	Silver Sneakers Classic	Brandi	Group Exercise
<b>11:15-12:00pm</b>	<b>SilverSplash</b>	<b>Brandi</b>	<b>Lap Pool</b>
4:30-5:15pm	Abs with Cardio	Shelly	Group Exercise
SATURDAY	CLASS	INSTRUCTOR	LOCATION
8:00-9:00am	SoulBody Barre/Unhitched	Candy	Group Exercise
9:15-10:15am	Power Hour	Candy	Group Exercise

**CLASS DESCRIPTIONS** (not all classes are listed on the schedule at this time) \*FEE BASED CLASSES**\*PLEASE BRING OWN MATS TO CLASSES. WE DO NOT SUPPLY\***

**ABS WITH CARDIO:** This class is a mixture of cardio to get the heart rate up and core work to strengthen abs.

**CARDIO STRIKE:** This class incorporates kickboxing with functional fitness moves promoting full body training, balance, and coordination. Each participant can expect to have a blast while being challenged to improve their fitness.

**CORE & MORE: DISCOVER YOUR OWN STRENGTH.** Come see what you are made of! This class features full body strengthening using a variety of equipment and moves to keep you guessing the entire workout. You will focus on developing core strength and engaging muscles you didn't know you had!

**DANCE FITNESS:** In this class you will be instructed by easy-to-use moves combining fast and slow rhythms to sculpt your body while burning fat! You will have so much fun, you won't even realize you are exercising!

**\*TOTAL PARKINSON'S:** Optimize physical function and help delay the progression of symptoms associated with Parkinson's Disease.

**GENTAL YOGA:** This form of yoga teaches proper breathing, stretches, and calming restorative relaxation. This class is great for beginners. This class is streamed virtually that is displayed on a big screen tv and chairs are available if needed.

**\*GERI-FIT:** Geri-Fit increases muscular strength, boosts motor skills and reaction times, enhances flexibility, manages chronic diseases, and more. This is a 45-minute evidence-based class and participants will use light weights in a progressive setting with a certified instructor.

**HYDRO-X: TAKE YOUR WORKOUT TO THE WATER.** This class is to be enjoyed in water, while incorporating resistance moves and aerobic conditioning. This low impact, high intensity workout is easy on your joints and perfect for any fitness ability. Don't be fooled; you will work up a sweat during this heart pumping workout!

**INTRODUCTION TO WEIGHT LIFTING:** Learn how to utilize proper form and technique to strength train specific muscles or groups of muscles. This beginner class is for everyone!

**POWER HOUR:** A 60-minute workout that incorporates functional strength training with barbell and dumbbells featuring safe and motivating exercises; and great music for a toning and strengthening workout.

**SILVER SNEAKERS CLASSIC: FOREVER YOUNG.** Have fun and move to the music through a series of exercises designed to increase strength and activity level for daily living. Hand-held weights, elastic tubing w/ handles, and a Silver Sneakers ball are used for resistance. A chair may be used for seated and/or standing support.

**SILVER SPLASH:** Activate your aqua urge for variety! Silver Splash offers lots of fun with shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming skills are required, and a special Silver Sneakers kickboard is used to develop strength, balance, and coordination. Two levels are available—one with weight and one without.

**SPINNING / GROUP CYCLE:** Spinning is one of the best cardio, leg, and abdominal exercises a person can do, while being easy on the knees. We show you how to properly set up your bike to ensure the safest and most comfortable ride. While most classes are great for all abilities, for the hard-core biking enthusiast.

**SOULBODY BARRE/UNHITCHED:** A 60-minute full-body athletic workout that shapes, tones, and strengthens the body using the combined principals of Pilates, yoga, dance, and traditional strength training with bursts of cardio.

**STEP UP:** This class works all major muscle groups in a low impact but high intensity workout that will build muscle strength and endurance. Step Up uses a step along with weight which is great for all fitness levels and abilities.

**TOTAL BODY CIRCUIT:** This class engages all muscles groups in a variety of ways. You will use TRX straps, perform body weight exercises, and utilize our Kinesis line of machines. This class is perfect for all fitness levels.

**TOTAL PARKINSON'S BOOT CAMP\*:** A rigorous class designed to target symptoms specific to Parkinson's with a focus on mobility, balance, strength, memory and cognition. This class will incorporate floor work to strengthen and condition as well as basic equipment such as dumbbells, medicine balls and kettlebells. Expect to be challenged!

**WELLNESS CENTER MACHINE ORIENTATION:** To help you get started in the Wellness Center, make sure you stop by the wellness desk to learn how each machine moves and functions, how to adjust the weight, and the initial set up of each machine. This orientation will ensure that you are using the machines safely and effectively.

**YOGA: End Your Day the Right Way.** This class helps you unwind from your hectic day by focusing on postural balance, breathing techniques, body awareness, and core strength. Come give your mind and body the rest it deserves.

**YOUTH SPORTS PERFORMANCE:** Wanting to increase your athletic performance? Our Monday and Wednesday classes focus on high volume and high intensity full body strength training and athletic balance.

a variety of exercises for speed and agility. (Best for grades 5th-college age).