



WABASH COUNTY YMCA

OCTOBER 2021 GROUP EXERCISE SCHEDULE

Effective: 10/1/21

*Please note: Classes are subject to change without advanced notice.

Now Available! Stream a Class at the Y! Ask Member Services for more info!

| MONDAY | CLASS | INSTRUCTOR | LOCATION |
|---------------|-------------------------------------|--------------------------|-----------------|
| 5:00-6:00am | Hydro-X | Angie | Lap Pool |
| 5:15-6:00am | Group Cycling (limit of 8) | Erica | Spin Room |
| 8:30-9:30am | Delay the Disease | Amanda | Group Exercise |
| 9:00-10:00am | SilverSplash | Brandi | Lap Pool |
| 10:15-11:00am | Silver Sneakers Classic | Brandi | Group Exercise |
| 11:15-12:00pm | SilverSplash | Brandi | Lap Pool |
| 3:45-4:30pm | Youth Sports Performance | Jay | Group Exercise |
| 5:30-6:15pm | Group Cycling (limit of 8) | Audrey | Spin Room |
| 5:30-6:15pm | Dance Fitness | Brynley | Wood Gym |
| TUESDAY | CLASS | INSTRUCTOR | LOCATION |
| 5:15-6:00am | Group Cycling (limit of 8) | Erica | Spin Room |
| 5:15-5:45am | Total Body Circuit (limit to 6) | Christina | Wellness Center |
| 9:00-10:00am | SilverSplash | Brandi | Lap Pool |
| 9:00-9:30am | Gentle Dance Fitness - Oldies Music | Stream Via Virtual Video | Group Exercise |
| 9:45-10:15am | Gentle Yoga | Stream Via Virtual Video | Group Exercise |
| 4:30-5:30pm | Pure Pump | Jill | Group Exercise |
| 6:00-7:00pm | Cardio Strike | Jill | Blue Gym |
| WEDNESDAY | CLASS | INSTRUCTOR | LOCATION |
| 5:15-6:00am | Group Cycling (limit of 8) | Erica | Spin Room |
| 8:30-9:30am | *Delay the Disease | Jeremy | Group Exercise |
| 9:00-10:00am | SilverSplash | Brandi | Lap Pool |
| 10:15-11:00am | Silver Sneakers Classic | Brandi | Group Exercise |
| 11:15-12:00pm | SilverSplash | Brandi | Lap Pool |
| 3:45-4:30pm | Youth Sports Performance | Jay | Group Exercise |
| 5:30-6:15pm | POUND | Christy / Erin | Blue Gym |
| 5:30-6:15pm | Group Cycling (limit of 8) | Audrey | Spin Room |
| 6:30-7:30pm | Yoga | Kathryn | Group Exercise |
| THURSDAY | CLASS | INSTRUCTOR | LOCATION |
| 5:15-5:45am | Total Body Circuit (limit to 6) | Christina | Wellness Center |
| 8:30-9:30am | Core & More | Steph | Group Exercise |
| 9:00-10:00am | SilverSplash | Brandi | Lap Pool |
| 4:30-5:25pm | Pure Pump | Jill | Group Exercise |
| 6:00-7:00pm | Cardio Strike | Jill | Blue Gym |
| FRIDAY | CLASS | INSTRUCTOR | LOCATION |
| 5:00-6:00am | Hydro-X | Angie | Lap Pool |
| 5:15-6:00am | Group Cycling (limit of 8) | Erica | Spin Room |
| 8:30-9:30am | *Delay the Disease | Amanda | Group Exercise |
| 9:00-10:00am | SilverSplash | Brandi | Lap Pool |
| 10:15-11:00am | Silver Sneakers Classic | Brandi | Group Exercise |
| 11:15-12:00pm | SilverSplash | Brandi | Lap Pool |
| SATURDAY | CLASS | INSTRUCTOR | LOCATION |
| 10:15-11:15am | Wellness Center Orientation | | Wellness Desk |

CLASS DESCRIPTIONS (not all classes are listed on the schedule at this time)

CARDIO STRIKE: KICK YOUR WORKOUT UP A NOTCH! 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 overall 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: COME SHOW US YOUR MOVES. This class incorporates upbeat dance moves with today's hit music. Be prepared to work up a sweat while finding moves you didn't know you had! All ages and abilities are welcome. We look forward to you joining our dance party!

***DELAY THE DISEASE:** 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.

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!

POUND: Channel your inner performance and rock your body with this modern day fusion of movement and music. Using RIPSTIX (weighted drumsticks engineered for exercise), POUND transforms drumming into an effective full body workout.

PURE PUMP: This class works all major muscle groups in a low impact but high intensity workout that will build muscle strength and endurance. Pure Pump is great for all fitness levels and abilities. You will leave this class feeling strong and confident!

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.

SILVERSPLASH: 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: BIKE TO THE BURN. 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, we offer two advanced classes per week.

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. Limited to 7 people per class. Please ask for a ticket at the Front Desk.

WELLNESS CENTER MACHINE ORIENTATION: To help you get started in the Wellness Center, make sure you stop by the wellness desk between 10:15 am-11:15 am every Saturday morning. 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, athletic balance, and a variety of exercises for speed and agility. (Best for grades 5th-college age). On Tuesdays and Thursdays, the class incorporates traditional core weight lifting for the younger athletes. (Best for ages 14-college)

***FEE BASED CLASSES**