

Warren YMCA - Group Fitness Classes

*** **FALL 2020**

(Classes begin Sept. 8th)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 - 6:15 am Les Mills Body Pump® Instructor: Lisa Franklin	5:15 - 6:15 am Spin & Core Instructor: Jena Swanson	5:15 - 6:15 am Les Mills Body Pump® Instructor: Lisa Franklin	5:15 - 6:15 am Spin & Core Instructor: Jena Swanson		
6:15 - 6:45 am TBC - Total Body Conditioning Instructor: Jena Swanson		6:15 - 6:45 am TBC - Total Body Conditioning Instructor: Jena Swanson		6:15 - 6:45 am TBC - Total Body Conditioning Instructor: Jena Swanson	
8:30 - 9:30 am Les Mills Body Pump® Instructor: Chris Dolan		8:30 - 9:30 am Les Mills Body Pump® Instructor: Chris Dolan		8:30 - 9:30 am Les Mills Body Pump® Instructor: Chris Dolan	
9:00-10:00 am OR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: Sharon Harris	8:30 - 9:15 am Functional Fitness Room Circuits Instructor: Andrea	9:00-10:00 am OR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: Sharon Harris	8:30 - 9:15 am Functional Fitness Room Circuits Instructor: Andrea		
12:15 - 12:45 pm HIIT Kick Move Instructor: Jena Swanson		12:15 - 12:45 pm HIIT Kick Move Instructor: Jena Swanson		12:15 - 12:45 pm HIIT Kick Move Instructor: Jena Swanson	
1:00-2:00 pm Firefly at the Y - Fitness	1:00-2:00 pm Firefly at the Y - Fitness	Firefly VIRTUAL On Line	1:00-2:00 pm Firefly at the Y - Fitness	1:00-2:00 pm Firefly at the Y - Fitness	
	1:00 - 1:45 pm The SilverSneakers Fitness Program® Instructor: Jena Fox		1:00 - 1:45 pm The SilverSneakers Fitness Program® Instructor: Jena Fox		Try a class for FREE before registering!
	1:55 - 2:25 pm The SilverSneakers YOGA Stretch® Instructor: Jena Fox		1:55 - 2:25 pm The SilverSneakers YOGA Stretch® Instructor: Jena Fox		
	5:00 - 6:00 pm Functional Fitness Room Circuits Instructor: Jena		5:00 - 6:00 pm Functional Fitness Room Circuits Instructor: Jena		Classes begin Tuesday, September 8th
	5:30 - 6:30 pm Les Mills Body Pump® Instructor: Leah		5:30 - 6:30 pm Les Mills Body Pump® Instructor: Leah		
	6:30 - 7:30 pm Boot Camp Instructor: Thad Turner		6:30 - 7:15 pm POUND® Instructor: Ashley		
6:30 - 7:00 pm REAXraft (Pool) Instructor: Jill			6:30 - 7:00 pm REAXraft (Pool) Instructor: Jill	As of 8/3/2020 *Schedule subject to change	

Class Descriptions: ****Below rates are for 5 weeks of classes. Please sign up prior to start of session.**

Visit us at www.warrenymca.org

Boot Camp: Tuesday.....**\$12 members / \$40 non-members** (Instructor: Thad Turner)

This class is for intermediate to advanced fitness levels who want serious results from their training. Class structure is based on simple yet effective fundamental movement patterns executed at high intensity. These workouts deliver measurable health and fitness improvements in the most efficient manner possible. Held in the West gym and uses the TRX suspension trainers along with jump ropes, free weights, kettlebells and medicine balls. Max participants = 24

Bouncing for Fitness: M/W.....**\$12 members / \$20 non-members** (Instructor: Sharon Harris)

Adults 55 and over will gain muscle strength and endurance while increasing range of motion in all joints. Class is done on "exerballs". Class will be held in Group Ex. Studio. Space is limited. Max participants = 8

Firefly at the Y: A program from the Edith L Trees Trust for adults with intellectual disabilities. At each class, the participants will engage in socialization, exercise and nutrition discussions. Max participants = 14

Functional Fitness Room: FREE Members / \$5.00 Drop-in fee or \$50.00 Punch card for 10 classes - Non Members (Instructors: Andrea Sedon (am), Jena Swanson (pm))

Stop in our Functional Fitness Room and let our trained instructors guide you in learning how to use the equipment for a safe, effective workout! Emphasis is on core stability, balance, agility and muscle strength. Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work, or in sports. All levels welcome. Max participants = 8

HIIT Kick Move: M/W/F.....**\$15 members / \$50 non-members** (Instructor: Jena Swanson)

A body-weight workout by the beat of the music that will leave you sparkling in sweat and energized to take on the rest of your day! Come join us during your lunch hour! Max participants = 24

Les Mills Body Pump®:

2 day/wk=\$16 members/\$52 non-members: 3 day/wk=\$18 members/\$56 non-members (Instructors: Chris Dolan(MWF AM), Leah Egner(T/Th PM), Lisa Franklin(MW AM))

This 60 minute strength training workout will challenge all of your major muscle groups by using the best muscle sculpting moves like squats, presses and curls. Great music, easy to follow cues and your choice of weight all combine to inspire you to achieve the results you are looking for - fast. Co-ed, all levels welcome. Max participants = 24 (gymnasium) / 8 (Group Ex. Studio)

Body Pump Punch Card: \$16 members/\$52 non-members

Available for participants to use at their convenience to attend a Les Mills®Body Pump class. Punch cards are good for 10 classes. Does not need to be used in a 5-week session. It can be used *if space permits* at the class start. Does not expire.

POUND® Fitness: Thurs.....**\$12 members / \$40 non-members** (Drop-In Fee: \$3 members/\$6 non-members) (Instructor: Ashley Swanson)

Join Ashley-Amplify Pound® Pro using Ripstix®, lightly weighted drumsticks engineered specifically for exercising. POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in the exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Max participants = 8

REAXraft in the Pool: M/Th.....**\$15 members / \$30 non-members** (Drop-In Fee: \$5 members/\$8 non-members) (Instructor: Jill Hunter)

REAX rafting in the pool combines popular land formats like HIIT, Yoga and Functional Fitness moves with the instability of the water to provide an efficient and FUN workout! Max participants = 8.

SilverSneakers® Fitness/Yoga: Tues/Thurs.....Free to YMCA members/ \$10 non-members SS YOGA: Free to members / \$4.00 non-members (Instructor, Jena Swanson)

Silver Sneakers classes are low-impact and are appropriate for individuals who may not have exercised in years or for those who exercise on a regular basis. The goal of the class is to encourage illness prevention, minimize aging-related physical deterioration, and increase a sense of well being through social interaction in a group exercise setting. Max participants = 24 (gymnasium)

Spin & Core: T/Th.....**\$16 members / \$52 non-members** (Instructor: Jena Swanson)

Cycle and core combination class - 45 minutes of cycling followed by 15 minutes of core strengthening. Cycle studio/Fitness Studio and/or Functional Fitness Room. Max participants = 8

TBC - Total Body Conditioning: M/W/F**\$15 members / \$50 non-members** (Instructor: Jena Swanson)

Join us for a heart pumping, intense, full-body workout! Only 30 minutes in length. (2% of your day!) TBC workouts consist of body-weight movements and occasionally use of dumbbells or kettle bells. Different workouts each class to keep it fresh and to keep challenging your muscles. Come rock out on Monday/Wednesday/Friday mornings. Modifications are always offered to accommodate all fitness levels. Held in West Gym. Max participants = 24