



OCTOBER VIRTUAL CLASSES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CYCLING ROOM

Virtual classes not listed on the schedule may be requested at other times open when no other classes are scheduled.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45- 6:30 am	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	
6:30- 7:15 am	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	
8:00-8:45 am	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL 8:40 am
4:15-5:00 pm	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	

LES MILLS ROOM

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5:40-6:30 pm	BodyPump Virtual	BodyCombat Virtual	SEE LIVE Schedule	CORE Virtual	BodyPump Virtual	
6:45 am (30 MIN)	BodyPump Virtual	BodyFlow Yoga Flexibility Virtual	BodyFlow Yoga Strength	CxWorx	BodyPump Virtual	
various times	BodyPump Virtual 12:00	BodyPump Virtual 11:00	BodyPump Virtual 11:30	BodyPump Virtual 1:00	BodyPump Virtual 12:00	CORE Virtual 12:00
2:00 - 2:45 pm	BodyPump Virtual	Sh'Bam Virtual		Sh'Bam Virtual	CORE Virtual 2:45 PM	BodyPump Virtual 1:00 pm
3:15 - 4:00 pm	BodyPump Virtual		BodyPump Virtual		BodyPump Virtual	
4:30- 5:30 pm		BodyPump Virtual		BodyCombat Virtual		
6:00 - 7:00 pm			BodyPump Virtual			

CON'T DESCRIPTIONS

LM BodyPump – THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. New to BodyPump, SmartStart allows you to start build your strength by doing just the LM RPM – **Beginners to Advanced; Indoor cycling class, set to a rhythm of motivating music. You control your own resistance levels and sprint speed so you can build up your training level over time.**

SILVER SNEAKERS CLASSIC - Move to the music through exercises that increase muscular strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available for seated or standing support. Fun, Friends and Fitness!

SILVER SNEAKERS YOGA/EnerChi (Tai chi) - In this class chair support is offered to safely perform a variety of seated and standing postures that increase

STEP N' SWEAT – This class uses both the step aerobics benches with cardio workout. Beginners to Intermediate.

TABATA - Your muscular strength and endurance will be tested when combined with cardiovascular movements. Be prepared for a challenging and total body workout. Tabata training works in 20 second intervals of high intensity exercise, followed by 10 seconds of rest.

YOGA - In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques are also integrated. This class can be started at any point in time! Add Yoga to your regular workouts for mind and body benefits! Beginners to Advanced, work at your own pace.

ZUMBA! – Exercise in Disguise! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No dance experience needed!!!! Join the Party!

AGE POLICY - Ages 14 & up may attend without a Parent/Adult

Age 10-13 may attend with an Parent/Adult

Age 10 & under may not attend Group Exercise classes

Virtual classes require a Parent/Adult to be with all kids under age 14 due to safety and liability issues. We encourage Parents/Adults to participate with their kids.

YMCA MISSION: To put Christian principles into practice that build healthy spirit, mind and body for all.

Financial Assistance: Scholarships available for low income families and individuals. Inquire at our Welcome Center.