

# Group Exercise Classes—FREE for YMCA Members!

Monday	Class	Room	Level	Inst.
6:15-7:00am	Boot Camp	GE	All	Natalie
9:00-9:15am	Roll Out	GE	All	Ivy
9:15-10:15am	H.A.B.I.T.	GE	All/Adv	Ivy
10:15-10:30am	ABS	GE	All	Ivy
9:15-10:15am	Water Fitness	P	All	Christa
10:30-11:30am	Forever Fit	GE	Beg/All	Christa
5:30-6:25pm	TurboKICK	GE	All	Stacy
6:30-7:15pm	PIYO	GE	All	Stacy

Tuesday	Class	Room	Level	Inst.
6:15-7:00am	Ride & Shine Cycling	C	All	Cathy
8:15-9:00am	Boot Camp	GE	Int/All	Kristal
9:15-10:15am	Water Fitness	P	All	Christa
10:15-10:45am	Strong Seniors	GE	Beg/All	Lynn
5:30-6:30pm	Yoga	Y	All	Jennie
5:30-6:25pm	Zumba	GE	Beg/All	Angelica
6:30-7:15pm	Cardio and Sculpt	GE	Beg/All	Larissa
5:45-6:30pm	Group Cycling	C	All	Shana

Wednesday	Class	Room	Level	Inst.
6:15-7:00am	Boot Camp	GE	All	Natalie
8:15-9:15am	Group Cycling	C	All	Shana
9:00-9:15am	Roll Out	GE	All	Ivy
9:30-10:15am	I'll Be Back	GE	All/Adv	Ivy
10:15-10:30am	ABS	GE	All	Ivy
9:15-10:15am	Water Fitness	P	All	Christa
10:30-11:30am	Forever Fit	GE	Beg/All	Christa
5:30-6:25pm	Burn & Chisel	GE	All	Stacy
6:30-7:15pm	TurboKICK	GE	All	Stacy

Thursday	Class	Room	Level	Inst.
6:15-7:00am	Ride & Shine Cycling	C	All	Cathy
8:15-9:00am	Turbokick	GE	All	Stacy
9:00-9:15am	Roll Out	GE	All	Ivy
9:15-10:15am	H.A.B.I.T.	GE	All	Ivy
9:15-10:15am	Water Fitness	P	All	Christa
10:15-10:45am	Strong Seniors	GE	Beg/All	Lynn
5:30-6:30pm	Yoga	GE	All	Jennie
5:30-6:25pm	Zumba	GE	Beg/All	Angelica
5:45-6:30pm	Group Cycling	C	All	Libby
6:30-7:15pm	Cardio and Sculpt	GE	Beg/All	Larissa

Friday	Class	Room	Level	Inst.
9:15-10:00am	Water Fitness	P	All	Christa
9:00-9:15am	Roll Out	GE	All	Ivy
9:15-10:15am	I'll Be Back	GE	All	Ivy
10:15-10:30am	ABS	GE	All	Ivy
10:30-11:30pm	Forever Fit	GE	Beg/All	Christa
5:30-6:30pm	Boot Camp	GE	All	Libby
6:15-7:00pm	Aqua Zumba	P	All	Angelica

Saturday	Class	Room	Level	Inst.
9:00-10:00am	Zumba	GE	All	Angelica

## Did You Know?

Schedule is subject to change on short notice. Please check bulletin boards/website for updates. Be a friend on Facebook to stay updated!

- Be sure to bring water and a towel to all classes!

**Participants must be at least 14 years old to participate in Group Exercise classes**

## Room Codes:

**GE**– Group Exercise Room    **Y**– Yoga room/  
Gymnastics (Upstairs)

**C**– Cycling Room                      **P**– Pool

**UPDATED: May 18, 2015**

# Paris-Bourbon County YMCA—Class Descriptions

## Weights/Strength/Cardio Classes

**Cardio and Sculpt:** Low impact aerobics followed by a series of toning exercises.

**Forever Fit:** Keep your fitness forever with this class designed for the active adult.

**Strong Seniors:** A class specially designed for seniors. Keep your strength, endurance and flexibility by incorporating low impact aerobics, and using bands, hand weights, and a ball. This class can be modified to stay in a chair.

**TurboKICK:** Is an interval based, full body workout that begins with a sports-specific warm-up. High-paced intervals follow with kickboxing-specific strength/endurance training sequences and easy-to-follow combinations. Class ends with a mind/body-like (think Tai-Chi) cool-down.

**PiYO:** a fusion athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement.

**Boot Camp:** This class will push your body past it's limits to obtain the strength and endurance you deserve! Uses muscle confusion to keep your body guessing which translates into faster results. Be prepared to work hard!

**Burn & Chisel:** Keep your body guessing with this high energy strength training class that involves constant movement to keep your heart rate up with a combination of kettlebells and dumbbells to get you strong.

**I'll Be Back:** Get an awesome upper-body workout that incorporates many different methods for developing strength and amazing arms, shoulders, and back.

**H.A.B.I.T.:** Hips, Abs, Butts, & Inner Thighs. Make this class a habit and you will lean your lower half for those Daisy Dukes! A perfect complement to I'LL BE BACK.

**ABS:** A Beautiful Stomach. Develop the core strength you want and need.

## Cardio Dance Classes

**Zumba** (Both beginner and intermediate classes available): Shimmy and shake your booty to a Latin beat!

**Hip-Hop & Squat:** Uses 3-6 moves per hip hop song and pairs that move with the verse and chorus. This creates an easy-to-follow routine that will get you sweating and squatting to tone up that tush. This class is both high and low impact. Remember: You gotta' drop that fanny low in order to lift it up!

## Water Classes

**Aqua Fitness:** Low intensity, no impact class that is invigorating, energetic, and FUN! Water shoes recommended.

**Aqua Zumba:** like Zumba, just add water and shake!

## Group Cycling

**Group Cycling:** Ride on one of our state-of-the-art stationary bikes. This class will improve cardiovascular endurance, tone up the legs and bum, all while improving overall fitness. The best part is: YOU control your own intensity!

**Ride and Shine:** Ride into the day and add some shine to your life knowing you started the day off right.

## Yoga

**Yoga:** This class will incorporate all three aspects of physical fitness: cardio, strength, and stretching into one invigorating session. Warning: Yoga has been known to foster health and happiness :)

**Roll Out:** Using foam rollers to decrease muscle soreness and recover :)



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**Paris-Bourbon County YMCA**

**Spring 2015**

**[www.parisbourbonymca.org](http://www.parisbourbonymca.org)**

**REMINDER:** It is wise to CONSULT your doctor before beginning an exercise program. Always LISTEN, to your body, pace yourself and slow down when needed, then GRADUALLY increase when ready.