



# GROUP X - AUGUST

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

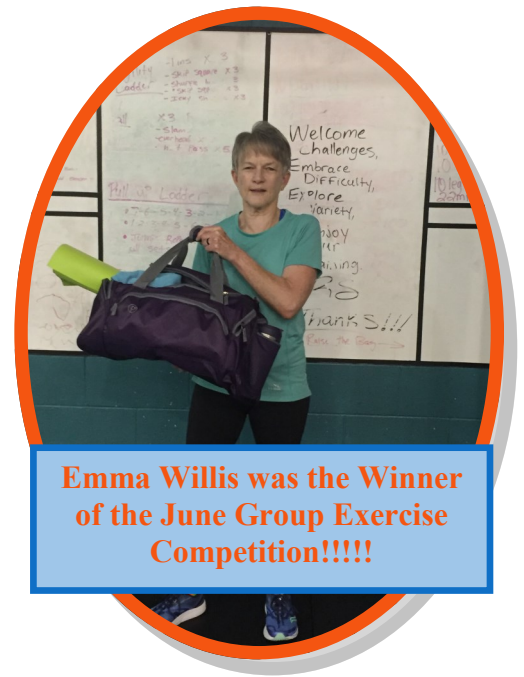
| TIME                    | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|-------------------------|--|---|---|---|--|--|
| 5:30, 5:45 & 6:00       | <b>6:00 Bootcamp</b><br>-Bradley<br>(Gym) (30m)  | <b>5:45 Cycle</b><br>-Christina<br>(Studio 1)   | <b>6:00 Bootcamp</b><br>-Bradley<br>(Gym) (30m)   | <b>6:00 Bootcamp</b><br>-Hope<br>(Gym)  | <b>5:30 Strength &amp; Tone</b><br>-Jann (Studio 2)  |  |
| 8:00 & 8:30             | <b>8:00 Strong Seniors</b><br>-Lucy<br>(Studio 2) ●  | <b>8:30 X-Train</b><br>-Tara<br>(Gym)<br><b>8:30 Fit &amp; Fab</b><br>-Mittie<br>(Studio 2) ●                   | <b>8:00 Strong Seniors</b><br>-Lucy<br>(Studio 2) ●   |   | <b>8:00 Strong Seniors</b><br>-Lucy<br>(Studio 2) ●  | <b>8:00 Full Body Conditioning</b><br>-Jann (Gym)  |
| 9:00 & 9:30             | <b>9:00 INSANITY</b><br>-Jessica M.<br>(Studio 2)<br><br><b>9:00 Cycle</b><br>-Ronda<br>(Studio 1)       | <b>9:00 Power Step</b><br>-Jessica G.<br>(Studio 1)<br><br><b>9:30 Yoga</b><br>-Mittie<br>(Studio 2)            | <b>9:00 Core De Force (1st, 3rd &amp; 5th) Full Body Conditioning (2nd &amp; 4th)</b><br>-Missy(Studio2)<br><b>9:00 Cycle</b><br>-Ronda<br>(Studio 1) | <b>9:00 Power Yoga</b><br>-Tara<br>(Studio 2)<br><br><b>9:30 X-Train</b><br>-Jessica M.<br>(Gym)              | <b>9:00 P90X</b><br>-Jessica G.<br>(Studio 2)<br><br><b>9:00 Cycle</b><br>-Wendy<br>(Studio 1) | <b>9:00 Core De Force</b><br>-Hope/Missy<br>(Studio 2)<br><br><b>9:00 Cycle</b><br>-Reyhan<br>(Studio 1) |
| 10:05                   | <b>10:05 (30min) Upper Body Weights</b><br>-Jessica(Studio 2) ●  |   | <b>10:05 (30min) Abs</b><br>-Missy<br>(Studio 2) ●  |   |  | <b>10:05 Yoga</b><br>-Katie<br>(Studio 2)  |
| 12:00 4:00 & 4:15       | <b>12:00 P90X (45m)</b><br>-Abby (Studio 2)  | <b>4:15 Beginner Cardio Circuit</b><br>-Emilee<br>(Studio 2)(30m) ●   |   |   |  |  |
| 5:00 5:15, 5:45 & 6:00  | <b>5:45 Core de Force (45min) Weights (15min)</b><br>-Hope (Studio 2)                                    | <b>5:00 Abs &amp; Upper Body</b><br>-Emilee<br>(Studio 2) (45m) ●<br><br><b>5:45 X-Train</b><br>-Missy G. (Gym) | <b>5:00 Yoga-Lates</b><br>-Tammy<br>(Studio 1) ●<br><br><b>5:15 INSANITY</b><br>-Jessica M<br>(Studio 2) (45m)  | <b>5:15 P90X (45m)</b><br>-Abby (Studio 2)<br><br><b>6:00 Power Yoga (45m)</b><br>-Abby<br>Studio 2           |  |  |
| 6:00, 6:30, 6:45 & 7:00 | <b>6:30 Mindfulness Meditation</b><br>-Mike A<br>(Studio 1)<br><br><b>7:00 Zumba</b><br>-Alla (Studio 2) | <b>6:00 Yoga</b><br>-Emilee<br>(Studio 2)<br><br><b>7:00 Hip Hop Cardio</b><br>-Toni (Studio 2)                 | <b>6:00 Full Body Conditioning</b><br>-Hope (Studio 2)  | <b>6:00 X-Train</b><br>-Missy S.<br>Gym<br><br><b>6:45 Zumba</b><br>-Ronda B.<br>Studio 2<br>(will start 8/9) |  |  |

● Denotes Low Impact Class

• NEW CLASSES & TIME/LOCATION CHANGES HIGHLIGHTED IN BLUE!!!!

## CLASS NEWS

- Be sure and sign up to volunteer for the Home Tour! For every Group Exercise member that volunteers; Group Exercise will get \$50 to go towards **NEW EQUIPMENT!!!!** See sign up sheets in Studios and Gym!
- We are moving to a quarterly schedule starting in September! Take the time to fill out our Group Ex Survey so we can try to meet everyone's needs! You can find the survey at: <http://franklincountyyymca.org/>



Emma Willis was the Winner of the June Group Exercise Competition!!!!

## CLASS DESCRIPTIONS

**Abs**-Core & Abdominal strengthening (30 minutes)

**Beginner Cardio Circuit**- 30 Minute Cardio Workout for beginners using circuit style format.

**Bootcamp**- Quick, Full Body workout.

**Core De Force**-MMA Inspired Boxing & Kick Boxing Style Workout. Body Weight Only.

**Cycle**-Cardiovascular group workout on a cycle bike.

**Fit & Fab**-Burn body fat & tone up while doing low impact aerobic & weight exercises.

**Full Body Conditioning**- Combination of aerobic and resistance training for a full body workout.

**Hip Hop Cardio**-Dance moves choreographed to hip hop music.

**Insanity**-High Intensity Interval Workout. All Body Weight.

**Mindfulness Meditation**- secular sitting and walking meditation, no experience necessary!

**Power Step** Pumping Cardio with a Step.

**Power Yoga**-Flexibility, muscle strengthening & toning using your own body weight with faster flows and intense poses.

**P90X**- Full Body Workout. Including Body Weight, and Resistance Training.

**Strength & Toning** -Body Weight & Weight Circuit Training.

**Strong Seniors**-Improve strength, core control, balance & flexibility in a fun format.

**Upper Body Weights**-Resistance Training targeting upper body parts.

**Upper Body Weights & Abs**-25 Minutes of Ab/Core work and 20 Minutes of Upper Body.

**Xtrain**-Cross Train Style Class.

**Yoga**- Improves flexibility, balance, muscular strength, bone density & mental focus.

**Y-Pilates**- Yoga Postures Pilates & core workout.

**Zumba**- Latin & International music for a dance inspired aerobic workout "party".

\*\*\*ALL CLASSES ARE AN HOUR UNLESS NOTED OTHERWISE.\*\*\*