



# GROUP X - SEPTEMBER

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> -Bradley (Gym) (30m)	<b>5:45 Cycle</b> -Christina (Studio 1)	<b>6:00 Bootcamp</b> -Bradley (Gym) (30m)	<b>6:00 Bootcamp</b> -Hope (Gym)	<b>5:30 Strength &amp; Tone</b> -Jann (Studio 2)	
8:00 & 8:30	<b>8:00 Strong Seniors</b> -Lucy (Studio 2) ●	<b>8:30 X-Train</b> -Tara (Gym) <b>8:30 Fit &amp; Fab</b> -Mittie (Studio 2) ●	<b>8:00 Strong Seniors</b> -Lucy (Studio 2) ●		<b>8:00 Strong Seniors</b> -Lucy (Studio 2) ●	<b>8:00 Full Body Conditioning</b> -Jann (Gym)
9:00 & 9:30	<b>9:00 INSANITY</b> -Jessica M. (Studio 2)  <b>9:00 Cycle</b> -Ronda (Studio 1)	<b>9:00 Power Step</b> -Jessica G. (Studio 1)  <b>9:30 Yoga</b> -Mittie (Studio 2)	<b>9:00 Core De Force (1st, 3rd) Full Body Conditioning (2nd &amp; 4th)</b> -Missy(Studio2) <b>9:00 Cycle</b> -Ronda (Studio 1)	<b>9:00 Power Yoga</b> -Tara (Studio 2)  <b>9:30 X-Train</b> -Jessica M. (Gym)	<b>9:00 P90X</b> -Jessica G. (Studio 2)  <b>9:00 Cycle</b> -Abby (Studio 1)	<b>9:00 Core De Foce</b> -Hope/Missy (Studio 2)  <b>9:00 Cycle</b> -Reyhan (Studio 1)
10:05 & 11:00	<b>10:05 (30min) Upper Body Weights</b> -Jessica(Studio 2) ●		<b>10:05 (30min) Abs</b> -Missy (Studio 2) ●	<b>11:00 (45min) Mommy &amp; Me -Victoria</b> <b>(Studio 1)</b>		<b>10:05 Yoga</b> -Katie (Studio 2)
5:00, 5:15, 5:45 & 6:00	<b>5:00 Mindfulness Meditation</b> -Mike A (Studio 1) <b>5:45 Core de Force (45min) Weights (15min)</b> -Hope (Studio 2)	<b>5:00 Abs &amp; Upper Body (45min)</b> -Emilee (Studio 2) ● <b>5:45 X-Train</b> -Missy G. (Gym)	<b>5:00 Yoga-Lates</b> -Tammy (Studio 1) ● <b>5:15 INSANITY (45min)</b> -Jessica M (Studio 2)	<b>5:15 P90X (45min)</b> -Abby (Studio 2)  <b>6:00 Power Yoga (45min)</b> -Abby Studio 2		
6:00 & 7:00	<b>7:00 Zumba</b> -Alla (Studio 2)	<b>6:00 Yoga</b> -Emilee (Studio 2)  <b>7:00 Hip Hop Cardio</b> -Toni (Studio 2)	<b>6:00 Full Body Conditioning</b> -Hope (Studio 2)	<b>6:00 X-Train</b> -Missy S. Gym  <b>7:00 STRONG by ZUMBA</b> -Ronda B. Studio 2		

● Denotes Low Impact Class

• **NEW CLASSES & TIME/LOCATION CHANGES HIGHLIGHTED IN RED!!!!**

## 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 October! 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/>

We have a New Group Exercise Coordinator! Meet Abby Jamison!



Abby comes with a host of knowledge and experience! She is a former personal trainer, cross fit competitor, avid obstacle course racer and is certified in Cycle, Sports Yoga & Beach Body's P90X

## CLASS



## DESCRIPTIONS

• **Abs**-Core & Abdominal strengthening

• **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!

• **Mommy & Me**-30 minutes of light impact aerobic exercise; 10 minutes of strength training designed specifically for women returning to exercise after baby! Encouraged and safe to wear baby in carrier!

• **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** -Weight Circuit Training.

• **STRONG by Zumba**- A **NON-DANCE** class that uses HIIT style movements in sync with high impact music.

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

• **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.\*\*\*