



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXERCISING TOGETHER

# BETTY J PULLUM BRANCH

TIME	MON	TUE	WED	THU	FRI	SAT
7:00am	7:00am-7:30am KETTLEBELL 30 Kristen		6:30am INDOOR CYCLING Jo Ann	6:30am INDOOR CYCLING Jo Ann	BODY PUMP Kristen T.	<b>8:15AM INDOOR CYCLING</b> 5/4-Jo Ann 5/11-Rachel 5/25-Nancy  <b>9:30AM BODY PUMP</b> 5/4-Maggie 5/11-Kristen 5/25-Anastasia  <b>10:45AM</b> 5/4-DanceHIIT- Maggie 5/11-Zumba- Missy 5/25-Zumba- Missy  <b>MAY 18TH LES MILL LAUNCH PARTY</b> <b>8:30AM-BODY COMBAT</b> <b>9:45AM-LES MILLS CORE</b> <b>10:30AM- BODY PUMP</b>  <b>12pm-2pm</b> Room Reserved Martial Arts
7:30am		<b>BODY PUMP Kristen</b>		<b>BODYCOMBAT Anastasia</b>		
8:15am	STEP Debi		BALANCE & TONE Debi		STEP Debi	
8:45am		<b>STEP Hyon</b>		<b>STEP Hyon</b>		
9:30am	BODY PUMP Kim		ZUMBA Kim		BODY PUMP Kim	
10am		<b>BODYCOMBAT/ CORE Anastasia</b>		<b>BODY PUMP Anastasia</b>		
10:45am	YOGA Hyon		YOGA Hyon		YOGA Hyon	
11:15am		<b>CHAIR YOGA Ann</b>		<b>CHAIR YOGA Ann</b>		
12pm	SENIOR FITNESS Staci		SENIOR FITNESS Staci		SENIOR FITNESS Staci	
4pm	<b>INDOOR CYCLING Nancy</b>	YOGA Ann	BODY PUMP Kristen	<b>STEP Haydee</b>	BODY COMBAT Anastasia	
5pm	<b>LES MILLS CORE Anastasia</b>		<b>5:15pm-5:45pm LES MILLS CORE Anastasia</b>	<b>KETTLEBELL 30 Anastasia</b>		
5:30pm	BODY PUMP Anastasia					
6pm		<b>6pm-8pm Room Reserved Martial Arts</b>	<b>DANCE FIT Micaela</b>	<b>6pm-8pm Room Reserved Martial Arts</b>	<b>Effective May 1, 2024</b>	

\*\*ALL INDOOR CYCLING CLASSES WILL BE LIMITED TO 15 MEMBERS. FIRST COME FIRST SERVE FOR A BIKE. PLEASE BE ON TIME AND CLEAN ALL EQUIPMENT USED DURING SCHEDULED CLASSES.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>WATER AEROBICS</b>
9AM	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS	SHOES & SWIM SUIT COVER UPS ARE REQUIRED WHILE MOVING THROUGH THE YMCA

### Martial Arts Program

Traditional martial arts for all age groups. 2 hours, meeting in the Group fitness room 3 times a week. Stop in and try one class. Monthly registration. Please register at the welcome center.

### KIDZONE HOURS- ages 6mo-12 years

**MON-FRI 7AM-12PM & 4PM-7PM**

**SAT 8AM-12PM**

**\*members can use Kidzone for up to 2 hours daily.**

# EXERCISING TOGETHER

## TIPS for New Members/Participants to any class.

1. Let your instructor know that you are new to class; that way they can make sure you get all equipment needed and they can offer you any options you may need.
2. Keep an open mind when trying something new. There is no pressure to know all the moves of the class because you are being led by a certified instructor.
3. Remember this is for you. Don't compare yourself to someone that has been coming to class longer than you. We have all had our first class and it can be intimidating.
4. Please let your instructor know of any existing condition that may affect your ability to exercise. This way they can offer modifications to keep you safe.

## **CLASS DESCRIPTIONS:**

**BALANCE & TONE:** The foundations of this class is Pilates. Many props are incorporated. See how this dynamic and progressive method of training enhances strength, flexibility, balance and spinal alignment. Suitable for all levels.

**BODY COMBAT:** A Les Mills program that is fiercely energetic and inspired by mixed martial arts. You will kick, punch, strike and kata your way through calories to improved cardio fitness

**BODY PUMP:** A les mills program that is a barbell workout that uses light to moderate weights with lots of repetition. This is a total body workout for anyone looking to get lean, toned and fit fast.

**CARDIO/BODY SCULPT:** A combination of cardiovascular and strength training. Cardio includes floor aerobics such as jumping jacks, jump rope. Strength training uses free weights and body weight.

**CHAIR YOGA:** Beginner Yoga using a chair with focus on balance, strength and stretching. Class does include some standing poses with assistance of the chair or options if needed.

**\*DANCE HIIT/Dance FIT:** Dance party with high intensity bursts. Choreographed routines combining dance moves and high intensity interval training workouts. All levels welcomed.

**KETTLEBELL 30:** This 30 minute HIIT workout uses Kettlebells to jump start your cardio and strength conditioning. Short and to the point, small breaks are worked into this 30 minutes of fun.

**LES MILLS CORE:** This Les Mills program will challenge your balance, coordination and functional strength with this 30 minute blast to the abs. This workout is designed to tighten your mid-section in the shortest amount of time and is often combined with another class to complete the hour workout.

**INDOOR CYCLING:** This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!  
For your first class, please arrive 5-10 minutes early so that the instructor can adjust your bike correctly. **Do not enter or set up a bike after a class has started.**

**SENIOR FITNESS-** Cardio and strength conditioning designed for seniors. Focused on functional movement using a chair, dumbbells, bands and balls.

**STEP:** Uses a step with or without risers. Starts with a warm-up, followed by choreographed routines on the step, and a cooldown at the end. In some classes, you'll use hand weights for strength-training moves off the step.

**YOGA:** Promotes flexibility, balance, proper alignment, strength and relaxation by coordinating breathing with movement through various poses. Bring your own mat or use ours.

**ZUMBA,** a "fitness dance party," uses Latin music and dance steps for a fun total body workout. Routines are introduced in segments and repeated.