



# GROUP FITNESS SCHEDULE

UNION COUNTY FAMILY YMCA

January 2 - April 30, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 5:00AM	CYCLING/ ANYTHING GOES 5:00AM	BOOTCAMP 5:00AM	GROUP CYCLING 5:00AM	BOOTCAMP 5:00AM	GROUP CYCLING 7:45AM	
ACTIVE AQUA WELLNESS 8:00AM		ACTIVE AQUA WELLNESS 8:00AM		ACTIVE AQUA WELLNESS 8:00AM	TAI CHI 8:15AM	
MORNING FITNESS 8:15AM		MORNING FITNESS 8:00AM		MORNING FITNESS 8:00AM	STEP (1ST/3RD) 8:30AM	
SILVER SNEAKERS 8:15AM	SILVER SNEAKERS 8:15AM	SILVER SNEAKERS 8:15AM	SILVER SNEAKERS 8:15AM	CHAIR YOGA 8:15AM	BOOTCAMP (2ND) 8:30AM	
	INDOOR QUICK WALK 9:00AM	COREWORKS 9:15AM	INDOOR QUICK WALK 9:00AM	PILATES BARRE BLEND 8:30AM	HIT IT (4TH) 8:30AM	
STEP & TONE 9:30AM	DEEP WATER POWER PUMP 9:30AM	TABATA HIIT 9:30AM	DEEP WATER POWER PUMP 9:30AM	BODY SCULPT INTERVAL 9:30AM	FAMILY CARDIO JAMZ 9:30AM	
YOGA 9:30AM	YOGA STRENGTH 9:30AM	KETTLE/YO 9:30AM	YOGA 9:30AM	YOGA 9:30AM	YOGA 9:30AM	
	ANYTHING GOES 9:30AM		HIT IT BOXING 9:30AM		BODY SCULPT 10:30AM	HOT FLOW YOGA 12:15PM Jan. 7 - March 31
	BODY SCULPT 10:45AM		BODY SCULPT 10:45AM	<div style="background-color: #f4a460; padding: 5px; margin-bottom: 5px;">Classes are held in Studio #1. Indoor Quick Walk meets in the Gym.</div> <div style="background-color: #8e44ad; padding: 5px; margin-bottom: 5px;">Classes are held in Studio #2.</div> <div style="background-color: #27ae60; padding: 5px; margin-bottom: 5px;">Classes are held in Studio #3.</div> <div style="background-color: #3498db; padding: 5px;">Classes are held in the Lap or Therapy Pool.</div>		
ACTIVE AQUA WELLNESS 5:00PM		ACTIVE AQUA WELLNESS 5:00PM	ACTIVE AQUA WELLNESS 5:00PM			
BODY SCULPT INTERVAL 5:00PM		COREWORKS 5:00PM	POWER STEP 5:00PM			
POWER CYCLING 5:30PM Jan. 8 - March 25	CARDIO JAMZ 5:30PM	BODY SCULPT INTERVAL 5:15PM	TABATA HIIT 5:30PM			
HIT IT BOXING 6:00PM	TRX 5:30PM		TRX 5:30PM	<div style="background-color: #d9d9d9; padding: 10px;">           Union County Family YMCA            1150 Charles Lane            Marysville, Ohio 43040            937-303-9285  <a href="http://www.unioncountyyymca.org">www.unioncountyyymca.org</a> </div>		
YOGA 6:00PM		YOGA/YIN 6:00PM & 6:30PM				

**Active Aqua Wellness:** This class keeps the participant who does not tolerate the cooler water temps of our lap pool in mind. Class includes exercises to improve overall function and performance of daily tasks, improving mobility, gait, flexibility, balance and coordination by using low intensity that will help you focus on strength and toning. You will use exercise techniques to build your core strength as well, by using different equipment such as water weights, kick boards, and water noodles. Low cardio is used as needed to keep participants warm and comfortable.  
Therapy Pool

**Anything Goes:** The name says it all. It could be anyone of our class formats, incorporating both cardio and strength training. Studio #2

**Barre Blend:** A blend of Light Cardio, Pilates, Yoga strength training and Ballet', to challenge and tone the entire body by helping you with strength, flexibility and stabilization. Studio #2 (Get a card from welcome desk before coming to class)

**Body Sculpt:** A barbell class that sculpts, tones and strengthens your entire body. Workout is done with the REP EFFECT in mind, focusing on low weight loads and high repetitions. Burn fat, gain strength and quickly produce lean body muscle conditioning.

**Body Sculpt/Interval:** Using the same technique as we do in our regular Body Sculpt class we have incorporated bursts of intervals in between each toning session. Studio #2 (Get a card from welcome desk before coming to class)

**Boot Camp:** High energy, motivated, dedicated instructors will guide you through challenging cardio and toning moves, helping you to push past your physical fitness limit.

**Cardio JamZ:** An intense Cardio dance workout based on the hottest pop and hip hop music. It is nonstop calorie crushing fun. Come and expect to laugh along with other participants, there are no wrong moves amongst the friends you will make in this class and before you know it you've burned and sweat out all those unwanted calories. Studio #2 **Family Cardio JamZ:** For the whole family ages 9 years and up or come on your own to this fun packed dance class. You will love the laughter and physical activity you receive from this class as you do it together as a family. Studio #2

**Coreworks:** 15 minutes of non-stop full core workout. Working all those core muscles abdominal and back.

**Deep Water Power Pump:** High intensity total body conditioning, cardiovascular and muscular strengthening, perform exercises without any straining to your body joints. Great for circulation and improving overall fitness. Floatation belts and water resistance equipment will be used.  
Lap Pool

**Group Cycling:** Instructor lead class on stationary bikes using different riding positions and varying the wheel resistance. Bikes are available on first come, first serve basis, sign up at front desk. Studio #3 (Sign up for spin bike at welcome desk before coming to class)

**Group Cycling/Anything Goes:** The name says it all. It could be anyone of our class formats, incorporating both cardio and strength training. From Group Cycling Class to Bootcamp this class is bound to keep you on your toes! Instructor will give class members the workouts in advance so members know what equipment to grab before heading to the cycling studio. Studio #3

**Hit It! (Boxing class):** Intense Boxing routines using free standing punching bags, learn proper form to punch and kick the bag. You will also have burst of high intensity intervals for extra cardio. Studio #2

**Hot Flow Yoga:** Flowing style yoga, held on our therapy pool deck, class can be very intense with the added effect of the heat set at (89°). Winter schedule only January 9 - March 27. Therapy Pool

**Indoor Quick Walking:** Held in our gymnasium. Energetic, fun fast paced 30 minutes of walking to the beat of motivating music. Class is for every fitness level and everyone age 13 years and older. YMCA Gym

**Kettle/Yo:** The best of both, using strength and conditioning for your muscles with the KettleBell for 30 minutes then work on the mind, body, and soul aspect of Yoga for 30 minutes to increase your flexibility. Studio #1 (Get a card from welcome desk before coming to class)

**Morning Shallow Water Fitness:** Aerobic conditioning is what this class is all about. Both cardio and toning done in the shallow end of the pool. Lap Pool

**Pilates Barre Blend:** Combining two core strength classes. **Pilates:** Proper body mechanic movements with coordinated breathing. **Barre Blend:** Light Cardio, Pilates, Yoga Strength training and Ballet' challenging the entire body. Studio #2 (Get a card from welcome desk before coming to class)

**Power Cycling:** Stay fit through winter, helping you with healthy weight management and preparing you for the next level of outdoor cycling. A 90-minute class, focusing on specific workouts including Intervals, endurance, power, hills, and speed. Studio #3 (Seasonal class)

**Power Step:** 30 minutes of power house step routines to a 32 count upbeat motivational music with non-stop energy to push you through the workout. Studio #2 **Step and Tone:** 1 hour class using 32 count beats per minute of a rhythmic choreographed routine on a step. Step portion of the class is 30-40 minutes then strength and conditioning tools are brought in for the toning portion of the class. Studio #2

**Silver Sneakers Chair Yoga:** Yoga style moves done to meditating music with the aid of a chair for balance and joint problems. Studio #1

**Silver Sneakers:** Move to music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Studio #2

**Tabata HIIT:** Extreme high intensity cardio class! Each interval is done on a timing basis with short rest periods in between. You will burn calories and sweat IT OUT! You must have been doing some form of cardio in your regular exercise regimen before attending this class for the first time. Studio #2

**TRX Suspension Training:** In Suspension workouts the user's hands or feet will be supported by a single point while the opposite end of the body is in contact with the ground. An ideal mix of mobility training for strength, endurance, coordination, flexibility, power and core.

**TRX Body Blast:** Uses a coordinated tempo, your driven by the beat of the music. (Get a card from welcome desk before coming to class)

**Yoga:** Use body and mind in this class for strength, cardiovascular conditioning and flexibility using music to enhance your experience. Many people take Yoga for the sense of well-being and peace it brings.

**Yin Yoga:** Works your YIN tissues also known as your connective tissues. By doing a slow, steady load when holding the poses longer it will allow stimulation helping remove blockages in the myofascial meridians of your body, helping to balance the internal organs, gaining an end result of your muscles relaxing around the connective tissue.

**Yoga Strength:** Will provide all the wonderful benefits of yoga while incorporating light weights into the yoga practice to help strengthen your bones and muscles.