



Aerobic Center (AC) Lower Level

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning		5:05-5:50 TRX Basic Julie		5:05-5:50 TRX Basic Julie			
	5:30-6:30 Bootcamp Bettianne	5:30-6:15 Body Conditioning Bruce	5:30-6:30 mY Fitt James	5:30-6:30 Ultimate Workout Tony	5:30-6:25 Strong by Zumba Tony		
	10:15-11:00 Weights on Ball Staff	9:30-10:45 Pilates Yoga Dora		9:30-10:45 Pilates Yoga Dora		9:30-10:30 Ultimate Workout Bettianne/Emily	
Noon	12:00-12:45 Bootcamp Allison	12:00-12:45 Ultimate Workout Jeff	12:00-12:45 Bootcamp Allison	12:00-12:45 Ultimate Workout Jeff	12:00-12:45 Bootcamp Carrie O.		
	4:45-5:25 *Kickboxing* Katy	4:45-5:30 Kettlebells & TRX Bruce	5:00-5:45 TRX HIIT (Track) Julie	4:45-5:30 Kettlebells & TRX Bruce			
Evening	5:00-5:45 TRX HIIT (Track) Julie	5:30-6:30 Body Conditioning Matt	5:30-6:30 WERQ Cari P.	5:30-6:30 Body Conditioning Matt			
	5:30-6:25 Zumba Bieesha	6:45-7:30 HipHop Joy	6:45-7:30 Ultimate Workout Tayler	6:45-7:30 WERQ Tahira			
	6:30-7:30 Strong by Zumba Haley						

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YMCA of Springfield
Land and Water Exercise
to receive notifications for subs,
cancellations or Emergencies.

Lower Program Center (LPC) Lower Level

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning				5:30-6:30 Yoga Donna		9:30-10:45 Yoga Melissa/Angie	For their safety, Kids under 13 are NOT permitted in Group Ex. Classes unless it is des- ignated a kids or Family class.
	11:00-12:00 Silver Sneakers Dora			11:00-12:00 S. Sneakers Yoga Dora			
Noon	12:15-1:00 Yoga Dora	12:15-12:45 Toning Michelle E.	12:15-1:00 Yoga Donna	12:15-12:45 Toning Michelle E.	12:15-1:00 Yoga Stretch Angie P.		
Evening		5:30-6:45 YIN Yoga Tiffany					

Walnut Room (WR) 2nd Floor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	9:15-10:00 Zumba Bieesha					7:30-8:15 POUND Lisa	
						8:30-9:25 Zumba Pat	
Noon	12:15-12:45 Turbo Kick Wendy	12:15-12:45 Zumba Jessica Ben.	12:15-12:45 Kickn' Arms & Abs Tami	12:15-12:45 Zumba Jenny	12:15-1:00 WERQ Tahira		

Program Room B (PR-B) 2nd Floor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	11:40-12:10 Ycycling Dana	5:45-6:30 Ycycling Chris	11:40-12:10 Ycycling Destiny		11:40-12:10 Ycycling Destiny	8:30-9:15 Ycycling Emily	
Noon	12:15-12:45 Ycycling Dana		12:15-12:45 Ycycling Destiny		12:15-12:45 Ycycling Destiny		
Eve.		5:45-6:30 Ycycling Ron	5:45-6:30 Ycycling Emily	5:45-6:30 Ycycling Ron			

GROUP EXERCISE CLASS DESCRIPTIONS

ASK HOW TO ENHANCE YOUR WORKOUT TODAY WITH MYZONE?!

<u>Classes for all levels</u>	<u>Low Intensity Classes</u>	<u>High Intensity Classes</u>
<p>Hip-Hop Dance Fit: Provides a creative and unforgettable aerobic experience that impacts the body, mind and soul by fusing hip hop dance with the science of inner core strengthening.</p> <p>Pilates Yoga: This is a yoga-based body strengthening class that focuses on strengthening the core muscles that surround and support the spine, and then we progress to the extremities. Every exercise is accompanied by yoga-based stretches to warm up and stretch out the muscles being exercised.</p>	<p>SilverSneakers Basic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.</p> <p>SilverSneakers Yoga: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.</p>	<p>Strong by Zumba: In all other workouts, music is just an afterthought and chosen independently of the moves and structure of the class. In a STRONG by Zumba class, music is the key element. First, we develop moves to drive specific results, then we reverse engineer and craft music to match every single move. The result is a revolutionary, perfectly synced workout that increases your motivation and allows you to push farther to achieve better results. STRONG by Zumba is also characterized by a unique system of progression. The class is built into 4 quadrants that build in intensity for ultimate results.</p>
<p>POUND: Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is an easily modifiable, exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.</p> <p>Power Pump: Challenge yourself with this high intensity body strengthening class that uses barbells, hand weights and resistance bands to increase your strength and condition your body. Use this class to create a leaner, meaner you. Turbo Kick: the fat blasting ab-defining cardio workout. A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout.</p> <p>WERQ: WERQ™ is the wildly addictive cardio dance workout based on the hottest pop and hip hop music with easy to follow, high-energy dance steps.</p> <p>Zumba: Zumba is a fusion of Latin and international music with dance themes to create a dynamic, exciting fitness program.</p>	<p>Yoga Stretch: We start out with a body scan. Checking in with how your body feels and bringing attention to breath. The class may vary a little day to day. Sometimes we may move right into a warm up of several Sun Salutations before deep stretches and relaxation on the floor. Sometimes we may focus more on balances or twists. Sometimes the teacher might even take requests at the start of class if you want to work on a specific asana or stretch a certain muscle. Either way, it is the goal of the class to feel refreshed by the end of savasana.</p>	<p>Bootcamp: This fitness class is for those who are at a high level of fitness and would like an extra challenge. This class focuses on circuit style weight training, military and agility drills. The high intensity interval training (HITT) format alternates between strength and cardio sections to burn calories and have fun!</p> <p>Ultimate Workout: Whether you are new to exercise or have been exercising for years, this total-body, inclusive and fun workout is for you! This class adds circuit exercises to regular training drills. This class takes interval circuit to a higher level utilizing equipment such as: TRX bands, dumb-bells, raised step platforms, tubing, kettle-bells and bar bells. You will be doing non-stop circuits that introduce strength, agility and balance. This is a very strenuous class and is for participants who can exercise 20-30 minutes at 75-85% of their estimated maximum heart rate. The class is action packed, easy to follow and guaranteed to challenge you! PLEASE NOTE THAT, WEATHER PERMITTING, THIS CLASS DOES GO OUTSIDE</p> <p>Ycycling: An energetic, instructor led, vigorous cycling class designed to challenge you with a high-intensity cardio workout</p>
<p>Yoga: is a class to increase your sense of well-being and your ability to handle stress. Improve your breathing techniques and learn to relax more.</p> <p>Yin yoga is a slow-paced style of modern yoga with postures, or asanas, that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.</p>	<p>Body HIIT: This is a 30-45 minute, high-intensity class consisting of 5 minutes strength training, 15 second transition to 1 minute ABS, 30 seconds rest, and back to strength. We do this for about four rotations in a circuit routine. After the four rotations, we transition to cardio. Specifics may vary to keep your body in constant transition getting you strong and lean in no time!</p> <p>Toning: This class will get you a "head to toe" toning workout in this freestyle format class. This full body workout is achieved through high repetition movement and non-cardio exercises. This class uses body bars, barbells, dumbbells and more. Instructors may vary in approach, however, all exercises are a great workout for men and women of any fitness level. Look forward to improved muscle strength toned body, healthy weight, increased bone density and strength.</p>	<div style="text-align: center;"> <p>Ask about our 2020 Strong Kids Campaign</p> </div>



Are YOU in YOUR zone?

For more information contact:
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*Schedule subject to change.
 Classes that routinely have six or less participants will be canceled.
 Schedules are also available on the YMCA website, Y app and Facebook Page.*