



KERASOTES GROUP EXERCISE SPRING SCHEDULE (REVISED 3/14/20)

Temporary Schedule

Group Exercise Studio (GES)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	5:15-6:15 Strong by Zumba Tony	5:15-6:15 WERQ Cindy W.	5:15-6:15 Weight Strength Lacey	5:15-6:15 Ultimate Workout Bruce	5:15-6:15 Bootcamp Shynee		
	8:35-9:15 Body HIIT Tara	8:35-9:15 Ultimate Workout Kristen			8:30-9:25 Power Pump Kristen	8:30-9:25 R.I.P.P.E.D. Michelle	8:30-9:30 Yoga Stretch Angie P.
	9:20-10:15 Power Pump Kristen	9:20-10:15 WERQ Jennifer	8:35-9:30 Body Conditioning Kristen	9:20-10:15 WERQ Cindy W.	8:45-9:45 Strength (GYM) Shynee	9:30-10:25 Zumba Ali/Haley	
	10:20-11:10 WERQ Chelsea	10:20-11:20 POUND Chelsea	9:45-10:40 Zumba Ali	10:20-11:20 POUND Chelsea	9:30-10:30 Strong by Zumba Ali	10:30-11:35 Strong by Zumba Ali/Lacey	
Afternoon	11:15-12:00 Zumba (low impact) Jodi		12:15-12:45 Ultimate Workout Kristen	12:00-12:50 Zumba (low impact) Vidhya	11:15-12:10 Zumba-Gold Michelle		2:30-3:30 WERQ Chels./Jenn./T
	12:15-12:45 Strong30 Jodi	1:00-2:00 Silver Sneakers Michelle		1:00-2:00 Silver Sneakers Dora			3:40-4:35 POUND Chels./Jenn./Lisa
Evening			4:30-5:15 Zumba Jodi				
	5:20-6:25 Strong by Zumba Ali	5:30-6:25 Zumba Haley	5:20-6:25 Strong by Zumba Lacey	5:30-6:25 Zumba Ali	5:30-6:25 WERQ Rhia		
	6:30-7:25 Hip Hop Lisa	6:30-7:10 Weight Strength Tayler	6:30-7:25 *WERQ* Jennifer	6:30-7:00 Strong 30 Lacey	<p>Please download our YMCA of Springfield app and join our Facebook Page, YMCA of Springfield Land and Water Exercise to receive notifications for subs, cancellations or Emergencies.</p>		
	7:30-8:15 *POUND* Lisa	7:15-8:00 Kickboxing Katy	7:30-8:15 *POUND* Jennifer	7:05*-8:00 Kickboxing *Lacey*			

Multipurpose Room (MPR)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	5:15-6:15 Power Yoga Melissa	5:30-6:20 Ycycling Mike		5:30-6:20 Ycycling Mike		7:15-8:15 Yoga Melissa/Angie	9:00-10:00 Ycycling John
	8:35-9:35 PiYo Amanda	9:15-10:00 Ycycling Lacey	8:35-9:35 Yoga Ali	9:15-10:00 Ycycling Lacey	8:35-9:20 Yoga Ali	8:30-9:30 Ycycling Dana	*3:45-4:45* Christian Yoga Amy
	10:30-11:15 S. Sneakers-Yoga Kristen	10:15-11:15 Yoga Stretch Angie P.		10:15-11:15 Yoga Stretch Angie P.	10:30-11:15 S. Sneakers-Yoga Angie P.	<p>This is the <u>temporary</u> Schedule. All classes that are in blue and struck out are temporarily cancelled. Sorry for any inconvenience.</p>	
5:30-6:30 Power Yoga *William*	5:00-5:40 Ultimate Workout Shynee	5:00-6:00 PiYo Amanda	5:00-5:30 Zumba for Familias Jodi	12:15-12:45 Ycycling Mike			
Evening		5:45-6:30 Ycycling Dana					

ASK HOW TO ENHANCE YOUR WORKOUT TODAY WITH MYZONE?!

Classes for all levels

Christian Yoga: Is a powerful blend of movement, breath and the Word of God, this class mindfully builds strength, balance, flexibility and focus. Expect a slower pace appropriate for all levels that incorporates guided meditation and prayer.

Hip-Hop Dance Fit: Provides a creative & unforgettable aerobic experience that impacts the body, mind and soul by fusing hip hop dance with the science of inner core strengthening.

Kickboxing: We incorporate boxing moves and karate kicks with great routines to get your heart rate up and your body toned!

PiYo: Combines the muscle-sculpting, core-firming benefits of **Pilates** with the **strength** and flexibility advantages of **yoga**. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

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.

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.

Yoga: is a class to increase your sense of well-being and your ability to handle stress, improve your breathing techniques and learn how to relax.

Zumba: Zumba is a fusion of Latin and international music with dance themes to create a dynamic, exciting fitness program.

Zumba For Familias: Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

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 shavasana.

Low Intensity Classes

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 balls are offered for resistance. A chair is available if needed for seated or standing support.

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.

Zumba Gold & Zumba (Low Impact) : are both based on the same dance moves used in the original Zumba class. They are, however, less intense, with dance routines designed for beginners and older adults using modified movements.

Medium Intensity Classes

Body Conditioning: Never the same class twice! This class incorporates power intervals and plyometric moves. This class is for experienced exercisers looking for a challenge.

Body HIIT: Based on Jillian Michaels' workout technique, this is a 30-40 minute, high-intensity class, consisting of 3 minutes of weights, 2 minutes of cardio and 1 minute of core work in a circuit routine. Each class has different exercises to keep your body guessing. You will be more fit and lean in no time!

R.I.P.P.E.D.: Stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet. It's a workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. It's a combination that drives up your endurance and gets your body moving.

High Intensity Classes

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 (HIIT) format alternates between strength and cardio sections to burn calories and have fun!

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.

Power Yoga: Power yoga is an ideal class for someone with a foundational knowledge of yoga postures including sun salutations. It is a Vinyasa (breath centered) class that involves strength and cardio elements.

Strength: This class uses a variety of unique movements to improve one's mobility, functional strength, body sensitivity, speed, power and agility.

Strong by Zumba: 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.

STRONG 30™: packs a challenging total-body workout into 30 minutes. This efficient and focused class helps you fit fitness into any schedule.

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, kettlebells 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

Weight Strength: is a challenging strength training class using weights, barbells, TRX, and your own body weight to define, develop, and tone in an hour-long session.

Ycycling: An energetic, instructor led, vigorous cycling class designed to challenge you with a high-intensity cardio workout.

Ask about our
2020 Strong Kids Campaign



For more information contact:
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Call: (217) 544-9846 ext.145
Or Email:
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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.*