

GROUP FITNESS CLASSES

Fall SESSION 1: September 5-October 22, 2017

Must be 14 years old to attend See reverse for descriptions and prices

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp 5:15-6:00am Doreen	Indoor Cycling 5:15-6:00am Erin	IBoot Camp (Day 3) 5:15-6:00am David	Indoor Cycling 5:15-6:00am Erin	Boot Camp (Day4) 5:15-6:00am David	
Cycle, Core, and more 8:45-9:45am Ellen	Boot Camp Adv 8:45-9:30am Megan	HIIT 8:45-9:30am Ellen	HIIT Bootcamp 8:45-9:30am Shannon	HIIT Bootcamp 8:45-9:30am Shannon	HIIT Bootcamp 8:45-9:30am Rotating Instructors
Silver Sneakers Classic 10:15-11:00am Teresa	Silver Sneakers Classic 10:15-11:00am Gail	Senior YogaFit® 10:15-11:00am Bethany	Silver Sneakers Classic 10:15-11:00am Shannon	Pilates 9:50-10:20am David	
Boot Camp (Day1) 12:15-1:00pm David	Boot Camp (Day2) 12:15-1:00pm David	Indoor Cycling/Boot Camp (Day 3) 12:15-1:00pm David	Boot Camp (Day4) 12:15-1:00pm David		Level -5 (very Hard)
Boot Camp (Day1) 4:45-5:30pm David	Lean Body Training 4:15-5:15pm Kathy	Boot Camp (Day2) 4:45-5:30pm David	Lean Body Training 4:15-5:15pm Kathy		Level -4(Hard)
Indoor Cycling 5:30-6:15pm Lori	Lean Body Training 5:30-6:15pm Greg	Indoor Cycling 5:30-6:15pm Sarah	Indoor Cycling/Boxing 5:30-6:15pm Erin	Yin Yoga 5:30-6:30pm Jasmine	Level -3 (intermediate)
HITT BOOT Camp 5:30-6:30pm Jasmine	Indoor Cycling/Boxing 6:30-7:15pm Erin	Zumba 5:30-6:30pm Jasmine			Level -2(easy)
Beginner Fitness F.I.T. Room 6:00-6:30pm Sara		Beginner Indoor Cycling 6:30-7:00pm Sarah			Level -1 (very easy)
Vinyasa 1/Gentle Yoga 6:35-7:35pm Shelley		Barre Blend 6:35-7:25pm Jasmine			

Play Room Hours
 Monday-Friday 8:30am-11:00am
 Monday and Wednesday 4:45pm-7:35pm
 Tuesday & Thursday 4:15pm-7:15pm
 Friday: 5:30-7:15pm
 Saturday: 8:45am -12:00 pm

Water Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swimnastics 8:30-9:15am Vi & Pat	Deep Water 9:15-10:00am Angie	Swimnastics 8:30-9:15am Vi & Pat	Deep Water 9:15-10:00am Angie	Swimnastics 8:30-9:15am Vi & Pat	
Rusty Hinges 1:00-1:45pm Deb	Rusty Hinges 1:00-1:45pm Deb	Rusty Hinges 1:00-1:45pm Renae	Rusty Hinges 1:00-1:45pm Trudy	Rusty Hinges 1:00-1:45pm 	
	Deep Water Workout 5:30-6:15pm Marcia or Jill		Deep Water Workout 5:30-6:15pm Marcia or Jill		
	Joints in Motion 2 6:20-7:05pm Carie		Joints in Motion 2 6:20-7:05pm Lynda/Donna		

Land Classes

Barre Blend: Barre Blend brings exercises from group fitness into the mind/body experience by fusing exercises from ballet, cardio training, Pilates, and yoga into one class to challenge and tone the entire body. This blended genre combines the methodology of strength and control to create a class that improves body awareness, flexibility and stabilization. Non-Members: \$35 per session/one day a week.

Boot Camp Advanced: Exercise the way your body was designed to move (as one unit) and become more athletic, regardless of where you begin. Enjoy a variety of exciting methods (i.e.: Pilates, brake dancing, quadruped, and Olympic movements). Boot Camp Advanced is for the Intermediate/Advanced Exerciser. Non-Members: \$35 per session/one day a week.

Boot Camp Day 1,2,3,4: Personal Training type of class with data and individual achievement and tracking of progress. With many scientifically proven techniques uses to improve fitness, athletic ability and decrease body fat. Boot Camp Day 1: Full-body 30 seconds on 20 seconds off and a 15 minutes Kettlebell *AMRAP Boot Camp Day 2: DMB, Kettlebell, Body Weight, Cable (60 seconds Each exercise) Boot Camp Day 3: Barbell, Dumbbell, Cable, Plyo-box, and Stair Step 2 x 30 seconds on 15 seconds 11 minutes of cycling at the end Boot Camp Day 4: Barbell, Dumbbell, Cable, (35 seconds work 20 seconds rest) Core Non-Members: \$35 per session/one day a week.

CYCLE BOX: (Indoor Cycling/ Boxing): The ultimate cardio workout hitting both upper and lower body by alternating intervals of cycling and boxing.

* Participants are strongly encouraged to sign-up for these classes to reserve their spot. Hand wraps, gloves, and boxing bags are limited. Non-Members: \$35 per session/one day a week.

Cardio Burn With Weights: Each circuit consists of 45 seconds of work, followed by 9 seconds of rest; repeated 3 times. Medium to low impact. Non-Members: \$35 per session/one day a week.

CSI: Cardio Strength Interval: Alternate segments of cardio and strength training exercises and you got one great workout! Get in as many reps as you can (or care to) in each time segment and modify each exercise to your liking; this is why all levels are welcome! No dance-like choreography, just exercise. Non-Members: \$35 per session/one day a week.

Beginner Fitness F.I.T. Room: Workout for people that have little to no experience working out with weights. This class is a great way to start out as a beginner or getting back into working out after a longtime away from exercise.

Gentle Yoga: Enjoy this all-level cardio flow-style class. Sun salutations form the foundation, core, strengthening, and energy of the class. Class includes balance poses to center the mind and improve focus; bends that relieve stress, depression and soothe back pain; twists to realign the spine and stimulate the internal organs; and stress-reducing meditation. No yoga experience necessary. Please wear comfortable clothing and bring a mat. All standing poses are done with bare feet for your safety. Non-Members: \$35 per session/one day a week.

HIIT Bootcamp: Take your workout to the next level with High Intensity Interval Training (HIIT). This class will build muscular strength and improve cardiovascular fitness through various exercises performed at specific intervals. You'll never get bored with a mash-up of calisthenics, free weights, plyometric, and an other of equipment for a variety of

exercises in each session . Non-Members: \$35 per session/one day a week.

Yin yoga is a slow-paced style of **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. Non-Members: \$35 per session/one day a week.

Lean Body Training: Non-stop, total body strength training with some HIIT cardio intervals thrown into the mix. This class will help you get that strong, lean, healthier, and more powerful body you're working for. Non-Members: \$35 per session/one day a week.

No Limits Cardio: This class combines kickboxing, step, high intensity intervals & traditional high impact for a total cardio blast. Some choreography included. Non-Members: \$35 per session/one day a week.

Pilates: of physical mind method, is a series of nonimpact exercises designed by Joseph Pilates to develop strength flexibility, balance and inner awareness Non-Members: \$35 per session/one day a week.

Senior YogaFit®: These series of poses and methods will allow seniors to increase muscular strength, endurance, flexibility, and stamina. The class also promotes a deeper mind/body connection that will help mental acuity and stress reduction. Non-Members: \$35 per session one day a week.

Silver & Fit: The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, power and cardiovascular endurance. Non-Members: \$35 per session/one day a week.

SilverSneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and ease of daily living. Dumbbells, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support. Non-Members: \$35 per session/one day a week.



Yoga Sculpt : When muscle meets **yoga**, **Yoga Sculpt** is born. Boost metabolism and build lean muscle mass as you move to upbeat tracks. You'll combine free weights with Core Power **Yoga 2** sequencing and cardio to intensify each **yoga** pose while mixing in strength-training moves like squats, lunges and bicep curls. \$35 per session/one day a week.

Vinyasa 1 : An all levels "Cardio" yoga that focuses on breath with movement. Strength and flexibility, focus, and deep stretching for the health body, mind and spirit. Non-Members: \$35 per session/one day a week.

Yin yoga is a slow-paced style of **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. Non-Members: \$35 per session/one day a week.

Water Classes

Deep Water Workout

Because this class is done in the deep water, zero impact is experienced by the joints. A good workout for people with joint pain. Intermediate and advanced levels. No swimming experience is needed, a float belt may be worn. Non-Members: \$35 per session/one day a week.

Joints in Motion 2

This class is the advanced more intense version of the Joints in Motion class. Class includes range of movement exercises, low and high impact movements, intensity intervals, and strength training. Keep your body moving and healthy! Non-Members: \$35 per session/one day a week.

Rusty Hinges

This water exercise class is for any age male or female that experiences mobility issues such as arthritis, MS, or injuries. The low impact movements and range of motion exercises will keep your body healthy and your joints moving. (Formerly known as Rusty Hinges). Non-Members: \$35 per session/one day a week.

Swimnastics

Enjoy a refreshing workout as you tone and strengthen muscles and increase flexibility. This shallow water class enables you to exercise with less strain and impact on joints. Non-Members: \$35 per session/one day a week.

Non-Members are welcome to take fitness classes on a per session basis They will be issued a "Class Only" card to be presented at the Front Desk. Sorry, there are no make-ups or refunds for missed classes.

GROUP FITNESS CLASSES

Fall SESSION 1: September 5-October 22, 2017

Main Floor: Areobic Room(AR), SMB Room(SMB),Cycling Room (CR), Gym(GYM), Pool (Pool)

Lower Floor: Fit room (FR)

Must be 14 years old to attend

Monday

Time	Class	Location	Instrutor	Level	limit
5:15am 6:00am	Boot camp	CR	Doreen	4	19
8:30am 9:15am	Swimmastics	Pool	Vi & Pat	2	50
8:45am 9:45am	Cycle,Core, and More	CR,FR,AR, SMB, GYM	Ellen	3	19
10:15am 11:00am	Silver Sneakers(R) Classic	AR	Teresa	1	35
12:15pm 1:00pm	Boot Camp Day (1)	FR	David	4	12
1:00pm 1:45pm	Rusty Hinges	Pool	Deb	1	30
4:45pm 5:30pm	Boot Camp Day (1)	FR	David	4	12
5:30pm 6:15pm	Indoor Cycling	CR	Lori	5	19
5:30pm 6:30pm	HIIT BOOT Camp	FR, GYM, AR	Jasmine	5	15
6:00pm 6:30pm	Beginner Fitness	FR	Sara I	1	8
6:35pm 7:35pm	Vinyasa 1/ Gentle Yoga	AR	Shelley	2	35

Tuesday

Time	Class	Location	Instrutor	Level	limit
5:15am 6:00am	Indoor Cycling	CR	Erin	5	19
8:45am 9:30am	Boot Camp Adv	CR,FR,AR, SMB	Megan	5	15
9:15pm 10:00am	Deep Water	Pool	Angie	3	30
10:15am 11:00am	Silver Sneakers(R) Classic	AR	Gail	1	35
12:15pm 1:00pm	Boot Camp (Day 2)	GYM,AR,FR	David	3	12
1:00pm 1:45pm	Rusty Hinges	Pool	Deb	1	30
4:15pm 5:15pm	Lean Body Training	GYM,AR,FR	Kathy	5	15
5:30pm 6:15pm	Lean Body Training	CR,FR,AR, SMB, GYM	Greg	5	15
5:30pm 6:15pm	Deep Water Workout	Pool	Marcia or Jill	2	30
6:20pm 7:05pm	Joints in Motion 2	Pool	Carie	1	30
6:30pm 7:15pm	Indoor Cycling/Boxing	CR, FR	Erin	4	8

YMCA Fall Hours

Monday-Thursday 5:00am-9:30pm, Friday 5:00am-9:00pm

Saturday 7:00am-5:00pm Sunday 1:00pm-5:00pm

Play Room

The playroom child care service is for children ages 6 weeks to 8 years while their parents are at the Y. Payment for playrooms services is by playroom cards only. Cards can be purchased at the front desk and come in increments of \$12 or \$24. (12-30 minutes sessions for the \$12 card,) (24-30 minutes sessions for the \$24 card), 1 free session with \$12 dollar card. 3 free sessions with the \$24 card.

Hours

Monday-Friday 8:30am-11:00am

Monday and Wednesday 4:45pm-7:35pm

Tuesday & Thursday 4:15pm-7:15pm

Friday: 5:00pm-7:30pm

Saturday: 8:45am –12:00 pm

Wednesday					
Time	Class	Location	Instrutor	Level	limit
5:15am 6:00am	Boot Camp (Day 3)	CR, FR	David	3	12
8:30am 9:15am	Swimmastics	Pool	Vi & Pat	2	50
8:45am 9:30am	HIIT BOOT Camp	CR,FR,AR, SMB, GYM	Ellen	4	20
10:15am 11:00am	Senior Yoga Fit [®]	AR	Bethany	2	35
12:15pm 1:00pm	Indoor Cycling/ Boot camp (Day 3)	CR, FR	David	3	12
1:00pm 1:45pm	Rusty Hinges	Pool	Renae	1	30
4:45pm 5:30pm	Boot Camp (Day 2)	GYM,AR,FR	David	4	12
5:30pm 6:15pm	Indoor Cycling	CR	Sarah K	5	19
5:30pm 6:30pm	Zumba	AR	Jasmine	4	35
6:30pm 7:30pm	Beginner Indoor Cycling	CR	Sarah K	3	19
6:35pm 7:25pm	Barre Blend	AR	Jasmine	4	35
Thursday					
Time	Class	Location	Instrutor	Level	limit
5:15am 6:00am	Indoor Cycling	CR	Erin	3	19
8:45am 9:30am	HIIT BOOT Camp	CR,FR,AR, SMB, GYM	Shannon B	5	20
9:15pm 10:00am	Deep Water	Pool	Angie	3	30
10:15am 11:00am	Silver Sneakers(R) Classic	AR	Shannon S	1	35
12:15pm 1:00pm	Boot Camp Day (4)	FR	David	5	12
1:00pm 1:45pm	Rusty Hinges	Pool	Judy	1	30
4:15pm 5:15pm	Lean Body Training	GYM,AR,FR	Kathy	5	15
5:30pm 6:15pm	Indoor Cycling/Boxing	CR, FR	Erin	4	8
5:30pm 6:15pm	Deep Water Workout	Pool	Marcia or Jill	2	30
6:20pm 7:05pm	Joints in Motion 2	Pool	Lynda/Donna	1	30
Friday					
Time	Class	Location	Instrutor	Level	limit
5:15am 6:00am	Boot camp (Day 4)	CR, FR	David	3	12
8:30am 9:15am	Swimmastics	Pool	Vi & Pat	2	50
8:45am 9:30am	HIIT BOOT Camp	CR,FR,AR, SMB	Shannon B	4	20
9:50am 10:20am	Pilates	AR	David	2	35
1:00pm 1:45pm	Rusty Hinges	Pool	Deb	1	30
5:30pm 6:30pm	Yin Yoga	AR	Jasmine	1	35
Saturday					
Time	Class	Location	Instrutor	Level	limit
8:45am 9:30am	HIIT BootCamp	CR,FR,AR, SMB, GYM	Rotationing Instrutors	5	20

All classes subject to cancellation due to low attendance

Watch for schedule changes during holidays and special

Get up dates on the Albert Lea FamilyYMCA Group Fitness Facebook Page

Coming Fall session 2 (Kids fitness class for 4-13 year olds)

Albert Lea family Y Website: www.ymcaal.org

Albert Lea Family Y Main Facebook Page: <https://www.facebook.com/AlbertLeaFamilyY/>

Albert Lea Family Y Fitness Facebook Page:<https://www.facebook.com/groups/225347650976403/>

Albert Lea Family YMCA Main Phone: 507-373-8228