



# MARSHALL AREA YMCA GROUP EXERCISE SCHEDULE

## MONDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	BODYFLOW	KRIS	STUDIO
8:30 AM	YOGA	RUTHE	MTG ROOM
8:30 AM	BODYPUMP	CAROLE	STUDIO
9:45 AM	CHAIR YOGA	RUTHE	MTG ROOM
12:15 PM	BUTTS N GUTTS	ROBIN	STUDIO
1:30 PM	FITNESS AFTER 50	DENISE	STUDIO
4:20 PM	RPM - CYCLE	FITNESS ON DEMAND	STUDIO
5:20 PM	BODYPUMP	JESS	STUDIO
6:30 PM	ZUMBA	TRACEY	STUDIO

## WEDNESDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	BARRE	RACHELLE	STUDIO
5:45 AM	BOOTCAMP	ROBIN	MP ROOM
8:30 AM	BODYPUMP	CAROLE	STUDIO
8:30 AM	YOGA	LEO	MTG ROOM
9:45 AM	CHAIR YOGA	LEO	MTG ROOM
12:15 PM	BODYPUMP EXPRESS	JESS	STUDIO
1:30 PM	FITNESS AFTER 50	DENISE	STUDIO
5:20 PM	BODYPUMP	BETH	STUDIO
6:30 PM	BODYFLOW	KRISTEN	STUDIO

## FRIDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	RPM-CYCLE	BRENDA	STUDIO
5:45 AM	BOOTCAMP	ROBIN	MP ROOM
8:30 AM	YOGA	SAMANTHA	MTG ROOM
8:30 AM	RPM-CYCLE	CAROLE	STUDIO
9:45 AM	CHAIR YOGA	SAMANTHA	MTG ROOM
12:15 PM	BODYFLOW EXPRESS	JENNIFER	STUDIO

**CHILD WATCH** M-F 8:15AM-12:00 PM SAT 7:25AM-NOON  
M/W 4:30PM-8PM FRI-SAT EVENINGS CLOSED  
T/TH 3:55PM-8PM

## TUESDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	BODYPUMP	JACI JO	STUDIO
8:20 AM	GOLD FITNESS	CHAD	MP ROOM
8:30 AM	BODYATTACK	THERESA	STUDIO
9:00 AM	BONE BUILDERS	LYNN	MTG ROOM
10:00 AM	TAI CHI	REBEKAH	STUDIO
12:15 PM	BODYATTACK EXPRESS	BRENDA	STUDIO
4:20 PM	BODYPUMP - 45 MIN	KATE	STUDIO
5:20 PM	BARRE	RACHELLE	STUDIO
6:30 PM	RPM-CYCLE	ROTATE	STUDIO

## THURSDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	BODYPUMP	LEAH	STUDIO
8:20 AM	GOLD FITNESS	CHAD	MP ROOM
8:30 AM	BODYFLOW	SARAH	STUDIO
9:00 AM	BONE BUILDERS	LYNN	MTG ROOM
10:00 AM	THAI CHI	REBEKAH	STUDIO
12:15 PM	RPM-CYCLE EXPRESS	THERESA	STUDIO
4:20 PM	BODYPUMP - 45 MIN	MARY	STUDIO
5:20 PM	ZUMBA	ANGELA	STUDIO
5:30 PM	STRETCH & MOBILITY	KIM	MTG ROOM
6:30 PM	GRIT	FITNESS ON DEMAND	STUDIO

## WEEKEND CLASSES

	SATURDAY	INSTRUCTOR	LOCATION
7:30 AM	RPM-CYCLE	CAROLE	STUDIO
8:30 AM	BODYPUMP	ROTATE	STUDIO
9:40 AM	BODYFLOW	KRIS / JENNIFER	STUDIO
	SUNDAY	INSTRUCTOR	LOCATION
4:00 PM	YOGA - NEW!	ROTATE	STUDIO
5:00 PM	ZUMBA	DESIREE / MARY	STUDIO

**Aquacise/Aquafitness:** work muscles you never thought you had, through water. Running, jumping, & water weight lifting – without all the impact. (45 min)

**Barre:** Designed to tone the entire body while elevating the heart rate and set to upbeat music. Use light weights as well ballet and pilates inspired exercises. Bring a yoga mat & socks (55 min)

**BODYATTACK®:** A high-intensity sports-inspired cardio workout, meant for both high and low impact participants. Zone in on cardio, agility, strength, conditioning, and fun! (55 min) Express 30 min

**BODYCOMBAT®:** Punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is non-contact and there are no complex moves to master. (55 min)

**BODYFLOW®:** the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm (55 min) Express (30 min)

**BODYPUMP®:** The original barbell workout for the whole body and all fitness levels. Utilize the “rep-effect” to work each major muscle group perfectly sequenced to music. (55 min) Express (30 min)

**Bone Builders:** an exercise program that incorporates balance, stretching, strength training and fun! Designed for our 55+ crowd but all are welcome! (60 min.)

**Butts N' Gutts:** Great class over lunch that works your entire body with muscle toning & core exercises. (30 min)

**Bootcamp:** Pushups, core work, jumping rope and so much more! Get up and get moving with this class. (45 min)

**Chair Yoga:** Gentle upper & lower body stretches. Designed for those that don't want to be on the floor. (30 min)

**Fitness After 50:** a chair-based exercise class that focuses on range of motion, toning, & light cardio. (45 min)

**Gold Fitness:** A low-impact, dance inspired workout set to energetic music. Great for any age, fitness or experience level (30 min)

**GRIT®** – high intensity interval training designed to build strength and lean muscle. Three different varieties: cardio, strength, and plyo. (30 min)

**MS: Joints in Motion:** The perfect workout for anyone with MS or arthritis who wants some extra advice on how they can break a sweat without putting the stress on their joints (class is in the shallow end of the pool). Non-member fee \$20 (45 min)

**RPM-CYCLE®:** a cycling workout that delivers maximum results with minimum impact on your joints. Your instructor takes you through hill climbs, sprints and flat riding (45 min) Express (30 min.)

**Shallow Water Aerobics:** Great shallow water class that will increase muscle strength & turn up the heart rate with fun water moves – no need to swim. (45 min)

**Stretch & Mobility:** A great chance to stretch out, meditate, and renew. Ideal for a beginner. (45 min)

**Tai Chi:** Reduce your risk of falls by improving balance, muscle strength, flexibility, & mobility through coordinated movements in a slow, flowing motion. (60 min)

**Yoga:** Practice of yoga poses, pilates, and varying intensity of stretching. You can adapt the practice to whatever your body needs that day (60 min.)

**Zumba®:** Shake it up with this fun, energetic, class featuring exotic rhythms set to high energy Latin & international beats. (55 min)

**The Marshall Area YMCA follows the Marshall Public School District in the case of inclement weather. If Marshall Public schools are 2 hours late, there are no group fitness classes until noon. If school is dismissed early, there are no fitness classes from the time of the dismissal through the rest of the evening. If school is canceled, all group fitness classes are canceled as well.**