



# MARSHALL AREA YMCA GROUP EXERCISE SCHEDULE

## MONDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	BODYFLOW	KRIS	STUDIO
8:15 AM	AQUACISE	SUE	POOL
8:30 AM	YOGA	LEO	MTG ROOM
8:30 AM	BODYPUMP	CAROLE	STUDIO
9:40 AM	RPM-CYCLE	FITNESS ON DEMAND	STUDIO
9:45 AM	CHAIR YOGA	LEO	MTG ROOM
12:15 PM	BUTTS N GUTTS	ROBIN	STUDIO
1:30 PM	FITNESS AFTER 50	DENISE	STUDIO
4:40 PM	MS JOINTS IN MOTION	SUE	POOL
5:20 PM	BODYPUMP	JESS	STUDIO
5:30 PM	AQUA FITNESS	SUE	POOL
6:30 PM	ZUMBA	TRACEY / CHAD	STUDIO

## WEDNESDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	<b>BARRE - NEW</b>	RACHELLE	STUDIO
5:45 AM	BOOTCAMP	ROBIN	MP ROOM
8:15 AM	AQUACISE	SUE	POOL
8:30 AM	BODYPUMP	CAROLE	STUDIO
8:30 AM	YOGA	LEO	MTG ROOM
9:40 AM	BODYFLOW EXP - FLEXIBILITY	JESS	STUDIO
9:45 AM	CHAIR YOGA	LEO	MTG ROOM
12:15 PM	BODYPUMP EXPRESS	JESS	STUDIO
1:30 PM	FITNESS AFTER 50	DENISE	STUDIO
4:40 PM	MS JOINTS IN MOTION	SUE	POOL
5:20 PM	BODYPUMP	ROTATE	STUDIO
5:30 PM	AQUA FITNESS	SUE	POOL
6:30 PM	BODYFLOW	KRISTEN	STUDIO

## FRIDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	RPM-CYCLE	BRENDA	STUDIO
5:45 AM	BOOTCAMP	ROBIN	MP ROOM
8:15 AM	AQUACISE	SUE	POOL
8:30 AM	YOGA	LEO	MTG ROOM
8:30 AM	RPM-CYCLE	CAROLE	STUDIO
9:45 AM	CHAIR YOGA	LEO	MTG ROOM
12:15 PM	BODYFLOW EXP - STRENGTH	JENNIFER	STUDIO

## TUESDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	BODYPUMP	JACI JO	STUDIO
8:15 AM	SHALLOW WATER AEROBICS	SUE	POOL
8:30 AM	BODYATTACK	THERESA	STUDIO
9:00 AM	BONE BUILDERS- <b>NO CLASS IN JULY</b>	LYNN	MTG ROOM
10:00 AM	TAI CHI	REBEKAH	STUDIO
12:15 PM	BODYATTACK EXPRESS	BRENDA	STUDIO
4:00 PM	BODYPUMP	FITNESS ON DEMAND	STUDIO
5:20 PM	<b>RESTORATIVE YOGA - NEW</b>	RACHAEL	STUDIO
6:30 PM	RPM-CYCLE	ROTATE	STUDIO

## THURSDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	BODYPUMP	ROTATE	STUDIO
8:15 AM	SHALLOW WATER AEROBICS	SUE	POOL
8:30 AM	BODYFLOW	SARAH	STUDIO
9:00 AM	BONE BUILDERS- <b>NO CLASS IN JULY</b>	LYNN	MTG ROOM
10:00 AM	TAI CHI	REBEKAH	STUDIO
12:15 PM	RPM-CYCLE EXPRESS	THERESA	STUDIO
4:00 PM	BODYPUMP	FITNESS ON DEMAND	STUDIO
5:20 PM	ZUMBA	ANGELA / DESIREE	STUDIO
6:30 PM	STRENGTH & STRETCH	KIM	STUDIO

## WEEKEND CLASSES

	SATURDAY	INSTRUCTOR	LOCATION
7:30 AM	RPM-CYCLE	CAROLE	STUDIO
8:30 AM	BODYPUMP	ROTATE	STUDIO
9:30 AM	BODYFLOW	KRIS / JENNIFER	STUDIO
			STUDIO
	SUNDAY	INSTRUCTOR	LOCATION
12:15 PM	BODYCOMBAT	FITNESS ON DEMAND	STUDIO
5:15 PM	RPM-CYCLE EXPRESS	FITNESS ON DEMAND	STUDIO

**CHILD WATCH** M/W/F 8:15AM-12:15 PM  
M-TH 4:30PM-8PM

T/TH/SAT: 8:15AM-NOON  
FRI-SAT EVENINGS CLOSED

**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.

**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 or 45 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 totally 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. Bring a Yoga mat. (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! Trainers lead participants through an hour long routine that includes a warm up and cool down; 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 exercises, and light cardio. (45 min)

**MS: Joints in Motion:** The perfect workout for anyone with MS or arthritis who wants some extra advice on how they too 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)

**Restorative Yoga:** focus on mediation, mindfulness, breath work, and poses to relieve tension & stress. Learn proper alignment to achieve balance, strength, & stability.

**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)

**Strength & Stretch:** A great chance to stretch out 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:** Varying styles of yoga and intensities. You will be able to adapt the practice to whatever your body need that day. (60 min.)

**Zumba®:** Shake it up with this fun, energetic, class featuring exotic rhythms set to high energy Latin & international beats. (60 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.