



# MARSHALL AREA YMCA GROUP EXERCISE SCHEDULE

## MONDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	BODYFLOW	KRIS	STUDIO
8:30 AM	BODYPUMP	CAROLE	STUDIO
8:30 AM	YOGA	KANDICE	MTG ROOM
9:45 AM	CHAIR YOGA	KANDICE	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	RPM-CYCLE - NEW!	CHRISTINE	STUDIO
5:45 AM	BOOTCAMP	ROBIN	MP ROOM
8:30 AM	BODYPUMP	LEXIE	STUDIO
8:30 AM	YOGA	CRYSTAL	MTG ROOM
8:45 AM	GOLD FITNESS-NEW!	CHAD	GYM
9:45 AM	CHAIR YOGA	JESS	MTG ROOM
12:15 PM	BODYPUMP - 30 MIN	JESS	STUDIO
1:30 PM	FITNESS AFTER 50	DENISE	STUDIO
5:20 PM	BODYPUMP	ROTATE	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	RPM-CYCLE	CAROLE	STUDIO
8:30 AM	YOGA	ANNE	MTG ROOM
12:15 PM	BODYFLOW - 30 MIN	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 - 30 MIN	CHAD	GYM
8:30 AM	BODYCOMBAT	CAROLE	STUDIO
9:00 AM	BONE BUILDERS-No class in July	LYNN	MTG ROOM
12:15 PM	BODYCOMBAT-30 MIN	CASSIE / DESIREE	STUDIO
4:20 PM	BODYPUMP	FITNESS ON DEMAND	STUDIO
5:20 PM	BARRE	RACHELLE / JESS	STUDIO
6:30 PM	RPM-CYCLE	ROTATE	STUDIO

## THURSDAY

	CLASS	INSTRUCTOR	LOCATION
5:30 AM	BUILD AND BURN - NEW!	JACI	MP ROOM
8:20 AM	GOLD FITNESS - 30 MIN	CHAD	GYM
8:30 AM	BODYFLOW	SARAH	STUDIO
9:00 AM	BONE BUILDERS-No class in July	LYNN	MTG ROOM
12:15 PM	RPM-CYCLE - 30 MIN	THERESA	STUDIO
4:20 PM	BODYPUMP	FITNESS ON DEMAND	STUDIO
5:20 PM	ZUMBA	CHAD/ ANGELA/ MARY	STUDIO
5:30 PM	YOGA - NEW!	SAMANTHA	MTG ROOM
6:30 PM	BODYCOMBAT	CASSIE / DESIREE	STUDIO

## WEEKEND CLASSES

	SATURDAY	INSTRUCTOR	LOCATION
7:30 AM	RPM-CYCLE	CAROLE	STUDIO
8:30 AM	BODYPUMP	ROTATE	STUDIO
	SUNDAY	INSTRUCTOR	LOCATION
12:30 PM	INSTRUCTOR'S CHOICE-NEW!	ROTATE	STUDIO
4:00 PM	YOGA	ROTATE	STUDIO

**\*\*For the most up to date information, download the Marshall Area YMCA App for FREE in the App Store or Google Play**

**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)

**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) Express (30 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.)

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

**Build & Burn:** a high intensity interval training (HIIT) circuit class that rotates between high intensity cardio and low intensity lifting stations. (45 min)

**Butts N' Gutts:** Great class over lunch that works your entire body with muscle toning & core exercises. (30 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, balance & light cardio. (45 min)

**Gold Fitness:** A low-impact, dance inspired workout set to energetic music. Great for any age, fitness or experience level (45 min)

**Instructor's Choice:** Each week will rotate between formats & instructors: Barre, BODYCOMBAT, BODYFLOW, BODYPUMP, Build & Burn, RPM, & Zumba (55 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.)

**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.**