

Effective: March 02– April 26, 2020



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

GROUP EXERCISE SCHEDULE

INCLEMENT WEATHER ALERTS
Closing and Delay Information can be found:

FACEBOOK:www.facebook.com/nazarethymca
WFMZ:www.wfmz.com/weather/stormcenter

MON	TUE	WED	THU	FRI	SAT	SUN
Boot Camp B I A 6:30-7:15 am Susan C	Cycling B I A 6:00-6:45 am Steff W	Boot Camp B I A 6:30-7:15 am Susan C	Cycling B I A 6:00-6:45 am Sarah L	Boot Camp B I A 6:30-7:15 am Susan C	Fitness Challenge I A 8:15-9:15 am Kelly K	
Cardio Kickboxing B I A 8:15-9:00 am Kathy G	Free Style Fitness 7:00 - 7:45 am Susan C	Fund.Yoga Beg 8:00-9:00 am Isabelle G Auditorium	Free Style Fitness 7:00 - 7:45 am Susan	NEW! Core Focus Together 7:30-8:00am Kathia H	Yoga B I A 8:30-9:30 am Tom A Auditorium	
Cycling B I A 9:15-10:00 am Kelly C	HIIT It B I A 8:15-9:00 am Hayley D	FITness Pyramid I A 8:00 - 8:45 am Susan C Basketball Court	Fitness Challenge I A 8:15-9:15 am Kelly K	Freaky Friday Variety B I A 8:15-9:00 am Susan C	Zumba® B I A 9:30-10:15 am Luz C	
NEW CLASS ZUMBA 10:00-10:45 am Jess E Studio II	NEW TIME! Yoga 9:15 - 10:15 am Isabelle G Auditorium	Cycling B I A 8:15 - 8:45 am Kelly C	Zumba® B I A 9:30-10:15 am Beth S	Full Body Weight Training B I A 9:15-10:00 am Susan C	Cycling B I A 10:30-11:30 am Terri/Sarah	
Yoga B I A 9:00 -10:00 am Tom A Auditorium	Silver Sneakers Circuit 10:00-10:45 am Susan C	Abs and more 8:45-9:00 am Kelly C	Legs & Core B I A 11:00-11:30 am Susan C	Silver Sneakers Classic 10:15 - 11:00 am Luz C		
Silver Sneakers Classic 10:15 - 11:00 am D	Arms & Abs B I A 11:00-11:30 am Susan	Strength Train Together B I A 9:15- 10:15 am Beth S				
		ROOM/TIME CHANGE! Country Line Dancing 10:15-11:00 am Krysta K				
Boot Camp I A 5:00-5:45 pm Laura F	Pump It B IA 5:30-6:15 pm Laura F	Mid-Week Lift B I A 5:30-6:15 pm Courtney	HIIT It! B I A 5:30-6:15 pm Sarah L			
Core Focus Together 6:00-6:30 pm Deb C	ZUMBA 5:30-6:15 pm Chad C Auditorium	Cycling B I A 6:30-7:15pm Sarah L	Pilates Plus B I A 6:30-7:00 pm Deb C			
Cycling B I A 6:30-7:15 pm Terri	Cardio Kickboxing BIA 6:30-7:15 pm Courtney L	Yoga B I A 6:45-7:45 pm Tom A Auditorium	NEW! Core Focus Together 7:00-7:30 pm Deb C			

The weekly group fitness
schedule is updated online!
www.gv-ymca.org



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CLASS DESCRIPTIONS

B=beginner I= intermediate A=advanced

BOOT CAMP B, I, A Come join the short intensive, rigorous training. Designed to build strength and fitness through a variety of intense group intervals.

CARDIO KICKBOXING I, A High-impact choreographed kicks and punches mixed with traditional aerobics.

CARDIO SCULPT B,I,A - Great class focused on muscular strength training along with cardiovascular training..

CYCLNG With no complicated moves to learn, a motivated group environment, top-notch instructors and music that begs your legs to pedal, you'll find you're having a blast as you pedal your way to a leaner, stronger body!

CORE FOCUS TOGETHER B,I,A- 30-minute class focus on strong core from shoulders to hips. Prevent back pain and helps strengthen your abs.

DEEP STRETCHING RELAXING AND MEDITATION B, I, A Rejuvenating class combining gentle and relaxing stretches followed with a meditation session.

FITNESS CHALLENGE I, A Join us in a class that will keep changing, moving, and challenging you by using an array of fitness philosophies and timing sequences.

FITness Pyramid I, A Skip, run or crawl your way to the top. This relentless class leaves you with nothing left in the tank. Once you've reached the top, you have to do it all over again. And then, as if that wasn't enough, we add some weight and some crazy high reps, just to push you to your limit!

FREESTYLE FITNESS B,I,A Moderate to heavy weight while working close to fatigue in this intense strength training class. Promotes the building of lean muscle.

FULL BODY WEIGHT TRAINING B, I, A Total body sculpting using bars, resistance bands and free weights.

FUNDAMENTAL YOGA B, I, A Always wanted to try Yoga, but didn't know where to start? We've got the perfect beginner class to ease you into the world of Yoga.

HIIT IT I, A HIIT is a form of high intensity interval training, which is a cardiovascular exercise strategy alternating

short periods of intense anaerobic exercise with less intense recovery periods.

HOUSE PARTY FITNESS HIP-HOP B, I, A Join us for a fun time movin' and groovin' to your favorite hip-hop beats.

MID-WEEK LIFT B, I, A This unique workout combines cardio, strength training, and flexibility for an intense, but effective 45 minutes that can be tailored for any fitness level.

PILATES® PLUS B, I, A An effective system of flexibility and strengthening exercises. Tones and strengthens the muscles improves posture, increases flexibility and balance, and strengthens the core.

PUMP IT B, I, A Designed for toning and defining muscles using low weight and higher repetitions. Each block of music will concentrate on a specific muscle group. Work the total body. All levels.

STRENGTH TRAIN TOGETHER B, I, A Using an adjustable barbell, weigh plates, and body weight, this workout combines squats, lunges, presses, and curls with functional integrated exercises.

STEP B, I, A Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: It delivers results. Step aerobics moves range from simple to advanced. The most basic is a step-up, step-down. Once you get more experienced, you do moves that take you over the top and around the step forwards, sideways, and backwards.

SMASH UP/ FREAKY FRIDAY VARIETY B, I, A New challenges each week. Join us for a mix of cardio and resistance. Work with the use of various equipment and training methods. FUN, POWER, ENERGY!

SPINNERVALS

This cycling class is intended to develop the aerobic energy system as well as muscular endurance. Participants will spend approximately 40 to 45 minutes on the bike and will spend the remainder of the class doing strength and resistance training.

YOGA B, I, A Rejuvenating class combining gentle and relaxing stretches followed with a meditation session.

ZUMBA® B, I, A This hot workout fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will really have you movin' and shakin'.

