



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise Schedule

## Siskiyou Family YMCA

### AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00AM <b>Ballet Bootcamp</b> Jenifer Higelin		5:30-6:30AM <b>PiYo</b> Angela Martinez	5:30-6:30AM <b>Spin</b> Jill Harris	5:30-6:30AM <b>PiYo</b> Angela Martinez	
10:15-11:15AM <b>Silver Sneakers Senior Fit</b> Jann Ward	9:00-10:00AM <b>PiYo</b> Chelsea Hall	9:00-10:00 AM <b>Ballet Bootcamp</b> Jennifer Higelin	9:00-10:00AM <b>PiYo</b> Chelsea Hall		
11:30-1:00 <b>Yoga</b> Lenita Higgs	12:15-12:45PM <b>Butts and Guts</b> Noelle Collier	10:15-11:15AM <b>Silver Sneakers Senior Fit</b> Jen Higelin		10:15-11:15AM <b>Silver Sneakers Senior Fit</b> Jann Ward	10:00-11:00AM <b>Sunrise Yoga</b> Akemi Dean / Jamie Graves
12:15-1:00PM <b>Noon Circuit</b> Jann Ward			12:15-12:45PM <b>Power Yoga</b> Jamie Graves <small>*Runs until Aug 17th</small>	11:30-1:00 <b>Yoga</b> Lenita Higgs	
1:15-2:15PM <b>Sit and Be Fit</b> Jann Ward	4:30-5:30PM <b>Dancercise</b> Annette Hoff	12:15-12:45PM <b>Bootcamp</b> Brandon Eller	4:30-5:30PM <b>Dancercise</b> Annette Hoff	12:15-1:00PM <b>Noon Circuit &amp; Core</b> Jann Ward	
4:00-4:45PM <b>Total Body Fit</b> Jamie Graves	5:30-6:30PM <b>Power Yoga</b> Kim Eastman	4:00-4:45PM <b>Total Body Fitness</b> Janet Morrill	5:30-6:30PM <b>CIZE</b> Mercedes Lopez	1:15-2:15PM <b>Sit and Be Fit</b> Jann Ward	
5:30-6:30pm <b>PiYo</b> Angela Martinez	5:30-6:15 <b>Y-Fit</b> Brandon Eller	5:30-6:30PM <b>Spin</b> Janet Morrill		5:30-6:30 <b>Live</b> Mercedes Lopez	
6:40-7:30 <b>Live</b> Mercedes Lopez		6:40-7:30 <b>Live</b> Mercedes Lopez	5:30-6:15 <b>Y-Fit</b> Michelle Kerr & Rylee Holcomb		

**\*Fitness Classes are Free to YMCA Members**

**\*\$5 Drop-In Fee Per Class for Non-Members**

**\*Fitness Class 'Punch Cards' Available!**

**Ballet Bootcamp**—Train like a dancer. This class borrows movements from ballet and jazz and movement principals from Pilates. This is a great class for all fitness levels.

**Bootcamp**—This class is designed to get you into your best shape. Combining activities of agilities, resistance training, push-ups, speed drills, core strength, and endurance challenges.

**Dancercise**— This upbeat, low impact, high energy class will have you moving and grooving to the beat of the music. You will challenge your cardiovascular system and engage your mind with this calorie burning class.

**INSANITY@ LIVE** is challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels.

**Noon Circuit & Core**—This class combines strength and conditioning exercises in a circuit and /or interval format. You will increase your muscular strength and endurance using weight machines, free weights, and body bars.

**PIYO**—PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**Senior Fit**—Develop and maintain a physically independent lifestyle and enhance your ability to perform activities of daily living by building sufficient muscular and cardio fitness. Class includes low impact aerobics, weight-bearing and lower body exercises and abdominal work. Geared to the "above 39" age group.

**Step it up**—Tone up your legs and booty by moving up, over and around the step. Developed as a way to get a high intensity, yet low impact workout.

**Total Body Fitness**— In this class you will be exposed to cardio intervals, free weights, floor drills, and core strengthening. This class will guarantee you a calorie burn.

**Tabata** — consists of times intervals of intense exercise followed by 10 seconds rest. Torch calories and strengthens entire body. Plus focused core work for stable more powerful abs

**Y-Fit**—Y-Fit is a strength and conditioning program that will consist of moves that are constantly varied, high intensity, and functional. The workouts in this class will be intense and will demand an all out physical exertion.

**Yoga**—A progressive flow of Asanas poses, derived from Hatha Yoga. Yoga is designed to increase strength, flexibility and balance of the entire body while focusing on breathing and mindful movement.

See you at the Fairs YMCA pickle booth!

[www.siskiyou-ymca.org](http://www.siskiyou-ymca.org)