



PARKVIEW WARSAW YMCA

# CHRISTMAS BREAK GROUP EXERCISE SCHEDULE

## PARKVIEW WARSAW YMCA:

### MONDAY, DEC. 23RD

- 5:30 | Cycling
- 8:30 | Body Sculpt
- 9:15 | Cycling
- 9:30 | Cardio Drumming
- 10:30 | Enhance Fitness
- 5:30 | Soul Fusion
- 6:30 | Dance Fit

### FRIDAY, DEC 27TH

- 5:30 | Cycling
- 8:30 | Cardio Kickboxing
- 9:15 | Yoga (PR1)
- 9:30 | Piloxing (PR2)
- 10:30 | Mat Fusion

### MONDAY, DEC 30TH

- 5:30 | Cycling
- 8:30 | Piloxing
- 9:30 | Cardio Drumming
- 10:30 | Fit After 40
- 5:30 | Dance Fit
- 6:45 | Zumba

### FRIDAY, JAN 3RD

- 5:30 | Cycling
- 8:30 | Cardio Kickboxing
- 9:30 | Piloxing
- 10:30 | Mat Fusion (PR1)
- 10:30 | Enhance Fitness

### SATURDAY, JAN 4TH

- 8:15 | Zumba
- 9:30 | Soul Fusion

## DOWNTOWN WARSAW YMCA:

### THURSDAY, DEC 26TH

- 9:30 | Body Sculpt
- 10:30 | Zumba

### THURSDAY, JAN 2ND

- 5:30 | Soul Fusion
- 6:45 | Zumba

### SATURDAY, JAN 4TH

- 8:15 | Body Sculpt

## CLASS DESCRIPTIONS ALL FITNESS LEVELS

**BARRE BLAST** | Combine dance inspired barre work and light weights to sculpt lean muscle and strengthen your core in 45 minutes.

**BODY SCULPT** | Using a range of light to medium weights and other exercise equipment, you'll increase your heart rate for an effective fat burning workout that uses muscular endurance to promote definition. Abdominal work included.

**CARDIO & STRENGTH** | A great way to try out classes offered during the week on a rotation. Check out our Mobile App for a schedule.

**CARDIO KICKBOXING** | Get a fusion of kickboxing combinations that will strengthen and tone your legs, arms, glutes, back, and core, with balance and conditioning sequences, and athletic and strength exercises all set to fun music. Modifications offered for all levels.

**CARDIO DRUMMING** | A low impact workout that people of all ages and fitness levels can do. Combining drumming and cardio exercise to the rhythm of music gives you a fast paced way to increase your heart rate, strengthen your upper body, reduce stress, improve motor skills and eye-hand coordination while burning calories. Come make friends while you exercise with this fun activity.

**CORE BLAST** | This 45 minute workout targets all of the powerful muscles in the core to give your body the power, strength, and sculpting it deserves. There will be standing and mat-based exercises in this format. All Fitness Levels.

**CYCLING** | Enjoy our Matrix Coach by Color Bikes® and get an aerobic workout that's easy on your joints. Our indoor cycling classes simulate outdoor riding with sprinting, hill climbing, and other techniques. Monday's 5:30 PM class has a 30 minute workout geared towards beginners and then a regular cycling class follows for the final 30 minutes.

**DANCE FIT** | Combines the hottest Latin Rhythms and radio songs to give you a calorie incinerating dance party. All Fitness Levels.

**ENHANCE® FITNESS** | Gets you moving! We'll meet you where you are and help you gain strength, flexibility, and balance. Geared towards older adults, and those with chronic conditions, such as arthritis. We have chairs for support and soft ankle and wrist weights when you are ready.

**FIT AFTER 40** | Try this class if you're looking for a full body workout including light resistance training and low-impact cardio in a circuit training format, but need it modified for troublesome joints.

**HIIT 45** | Get a 45-minute High Intensity Interval Training workout alternating between sweat dripping cardio and strength. Final 10 minutes will be devoted to core work. (All levels)

**MAT FUSION** | Work toward greater flexibility with stretching techniques and beginning yoga and pilates moves.

**MIXED LEVEL YOGA** | Perfect for those new to yoga or the yogi that is ready for a little more challenge. Plenty of instruction will be given for a class that is balanced in strengthening and stretching. Participants must be comfortable down on their hands and knees in class and getting up and down from the floor.

**PILOXING®** | You'll get a high energy, heart pumping interval workout combining powerful boxing and pilates moves as you move to the beat. Light weighted gloves are optional to add resistance. All Fitness Levels.

**STEP & SCULPT** | Get your heart rate up using step aerobics and use a variety of exercises to tone and sculpt upper, lower body and ab muscles.

**STRETCH AND FLEX** | Try this 30-minute total body stretch to warm up your muscles, gain flexibility, challenge balance, and strengthen your core. (All Levels)

**TOTAL BODY SOLUTION** | In just thirty minutes you can build incredible core and body strength, engage supporting muscle groups, stabilize joints, create explosive power and improve overall physical performance. Meant for busy people who need a short workout.

**ZUMBA®** | Dance your way to a fitter you with exciting and unique Latin moves and rhythms. A Latin/ hip-hop dance fitness class that's great for all age levels!

**ZUMBA COMBO CLASS** | The best of both worlds. Dance your way to a fitter you with exciting and unique Latin moves and rhythms. A Latin/ hip-hop dance fitness class that's great for all age levels! The design of this combination class shows both high and low intensity options with Zumba choreography that focuses on balance, range of motion, and coordination.

**BEGINNER FITNESS LEVEL SILVER SNEAKERS® CLASSIC** | Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand- held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for support.

**SILVER SNEAKERS® YOGA** | Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

## **INTERMEDIATE FITNESS LEVEL**

**BOOT CAMP** | A total body burn using a mix of body weight movements, free weights and cardio to strengthen and tone your body. Intermediate Fitness Level.

## **ADVANCED FITNESS LEVEL**

**SOUL FUSION** | Soul Fusion, where muscles meet the mat. Experience a full body workout that is fun but also makes you work! See how these cardiovascular and body weight movements enhance your core, strength, balance, and also improve flexibility.