



DOWNTOWN WARSAW YMCA

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GROUP EXERCISE SCHEDULE

AUGUST 19TH - SEPTEMBER 29TH

MONDAY

AM CLASSES

9:00-10:00 Cardio Kickboxing

TUESDAY

AM CLASSES

6:00-6:45 Zumba/Mobility Combo

PM CLASSES

5:30-6:30 Zumba

6:45-7:30 Yoga

WEDNESDAY

AM CLASSES

9:00-10:00 Body Sculpt

THURSDAY

AM CLASSES

6:00-6:45 HIIT 30/Mobility Combo

9:00-10:00 Soul Fusion

PM CLASSES

5:30-6:30 Yoga

FRIDAY

AM CLASSES

9:00-10:00 Soul Fusion

SATURDAY

AM CLASSES

8:15-9:15 Body Sculpt

CLASS DESCRIPTIONS

ALL FITNESS LEVELS

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 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.

HIIT 30 / MOBILITY COMBO

| A 30-minute high intensity, full body interval training workout synced with fantastic music matching the movements followed by a 15-minute mobility and flexibility session designed to help. All Fitness Levels

ZUMBA® / MOBILITY COMBO

| 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! Followed by a 15-minute mobility and flexibility session designed to help you move your body the way it is intended to move.

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.

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.