



DOWNTOWN WARSAW YMCA

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GROUP EXERCISE SCHEDULE

SEPTEMBER 3RD - DECEMBER 22ND

MONDAY

AM CLASSES

9:00-10:00 Cardio Kickboxing

TUESDAY

AM CLASSES

6:00-6:45 Zumba/Mobility Combo

10:30-11:30 Enhance Fitness

11:45-12:15 Total Body Solutions

PM CLASSES

5:30-6:30 Zumba

WEDNESDAY

AM CLASSES

9:15-10:15 Body Sculpt

THURSDAY

AM CLASSES

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

9:00-10:00 Soul Fusion

11:45-12:15 Total Body Solutions

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.

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.

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 you move your body the way it is intended to move. All Fitness 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® / 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.

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.