

# SOUTH BRANCH YMCA

# GROUP EXERCISE SCHEDULE

# 2024

	<u>TIME</u>	<u>CLASS / LOCATION</u>	<u>INSTRUCTOR/LEVEL</u>	
<b>M</b>	8:30 - 9:30am	Barbell Pump	AP	2-3
	10:00 - 11:00am	Silver Sneakers Classic	AP	1
	11:15 - 12:00pm	Chair Yoga	JB	ALL
	6:00 - 7:00pm	Total Body HIIT (FTC)	SF	2-3
<b>T</b>	8:00 - 9:00am	Dance & Sculpt	CS	1-2
	8:30 - 9:30am	Athletic Conditioning (FTC)	DD	2-3
	9:00 - 10:00am	Silver Sneakers CardioFit	CS	1
	6:00 - 7:00pm	BoxFit (FTC)	SS	ALL
	6:30 - 7:15pm	Cycle (Cycle Studio)	JC	2-3
<b>W</b>	8:00 - 9:00am	Dance & Sculpt	CS	ALL
	8:30 - 9:30am	TRX (FTC)	MC	2-3
	9:00 - 10:00am	SilverSneakers CardioFit	CS	ALL
	10:15 - 11:00am	Chair Yoga	JB	ALL
	6:30 - 7:30pm	Athletic Flow Yoga	JA	ALL
<b>Th</b>	8:00 - 9:00am	Dance & Sculpt	CS	1-2
	8:30 - 9:30am	Total Strength (FTC)	MC	2-3
	9:00 - 10:00am	Silver Sneakers CardioFit	CS	1
	6:00 - 7:00pm	Cycle (Cycle Studio)	SF	ALL
	6:00 - 7:00pm	BoxFit (FTC)	SS	ALL
<b>F</b>	8:00 - 9:00am	Dance & Sculpt	JB	1-2
	8:30 - 8:55am	Cycle (Cycle Studio)	LH	2-3
	9:00 - 10:00am	Silver Sneakers CardioFit	CS	ALL
	9:00 - 9:30am	KettleBell HIIT (FTC)	LH	2-3
	9:30 - 9:45am	Ab Blast (FTC)	LH	2-3

<b>WATER AEROBICS / POOL</b>				
	<u>TIME</u>	<u>CLASS</u>	<u>INSTR.</u>	<u>LEVEL</u>
<b>M</b>	7:00-8:00am	Deep Water Cardio	KK	1-2
	8:15-9:15am	Aqua Cardio	KK	1-2
	9:30-10:30am	Aqua Easy	LS	1
<b>T</b>	7:00 - 8:00am	Deep Water Cardio	KK	1-2
	8:15-9:15am	Aqua Cardio	KK	1-2
	9:30-10:30m	Hi-Lo Aqua	HM	All
<b>W</b>	7:00-8:00am	Deep Water Cardio	KK	1-2
	8:15-9:15am	Aqua Cardio	KK	1-2
	9:30-10:30am	Aqua Easy	LS	1
<b>Th</b>	7:00-8:00am	Deep Water Cardio	KK	1-2
	8:15am-9:15am	Aqua Cardio	KK	1-2
	9:30-10:30am	Hi-Lo Aqua	HM	All
<b>F</b>	7:00-8:00am	Deep Water Cardio	KK	1-2
	8:15-9:15am	Aqua Cardio	KK	1-2
	9:30-10:30am	Aqua Easy	LS	1

Updated: 01/01/2024

## Low Intensity

**Aqua Easy** - For swimmers and non-swimmers. Strength training, stretches for flexibility and to help with everyday tasks.

**Chair Yoga** - A variety of modified yoga poses that can all be achieved from a chair.

**Dance & Sculpt** - A traditional aerobics class designed to help you lose weight and improve muscle strength and agility.

**Gentle Flow Yoga and Stretch** - A series of poses, one moving into the next, using your breath to allow your muscle to stretch and lengthen, as well as tone and strengthen your body.

**Hi-Lo Aqua** - A blend of high and low intensity to stretch, tone, and build your muscles.

**Silver Sneakers Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Class will use a chair, resistance bands, and light weights.

**Silver Sneakers CardioFit** - The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. This is a higher intensity class than SilverSneakers Classic.

**Athletic Flow Yoga** - Through a variety of breathing, stretching, and stability poses; this class will give you what your body needs physically, emotionally, and mentally.

---

**Ab Blast** - All things core and abs!

**Athletic Conditioning** - Every week is a different style; from weight lifting, bootcamp, HIIT, and everything inbetween. This class will keep your mind and body guessing!

**Aqua Cardio** - Deep and shallow water workout using weights, noodles and kick boards. Hard but fun workout. Plus we play volleyball!

**Barbell Pump** - Get a full body barbell workout using high reps helps to build lean muscle and definition. Every song works a different muscle group!

**BoxFit** - Train like a boxer! Using a variety of different martial arts techniques that will engage your core, build muscle, and push your endurance. \*Gloves available\*

**Cycle** - Cycle bikes make for an intense cardio and full body workout as you pedal through hills, sprints, drills and other exercises.

\*\*\*Bikes are limited\*\*\*

**KettleBell HIIT** - Using kettlebells, tighten, tone, and challenge your body in this high intensity interval class!

**Total Strength** - Focusing on weight training to challenge your body, build muscle, and burn major calories.

**TRX** - Using your own body weight with gravity with this suspension training, you build your strength, balance, flexibility, and core stability. Class is blended with strength training to take your workout to the next level.

**Total Body HIIT** - High Intensity Interval Training that works all areas of the body to challenge, change, tone and sculpt.

## Mid/High Intensity

### INSTRUCTORS:

AP - Ashley Pethel

A - Jim Amaral

KK - Karen Knox

MC - Mindy Carriker

CS - Connie Strickland

JB - Jenny Buchanan

LH - Lauren Harrington

SF - Silvia Freeman

DD - Dusty Delinger

JBr - Jennifer Brown

LS - Luanne Sides

SS - Skylar Smith

HM - Heidi Morris

JCh - John Challis