

November 2020

YMCA EXERCISE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:00 am Rise & Shine Fitness Marya	6:00 - 7:00 am Core Camp Heidi	6:00 - 7:00 am Rise & Shine Fitness Marya	6:00 - 7:00 am Core Camp Heidi	6:00 - 7:00 am Rise & Shine Fitness Marya	
	8:00 - 8:45 am Continuing Tai Chi Jerry				
8:30 - 9:25 am Boot Camp Adam	8:45 - 9:30 am Beginning Tai Chi Jerry	8:30 - 9:25 am Boot Camp Adam	8:30 - 9:30 am Yoga Barb	8:30 - 9:25 am Boot Camp Adam	9:00 - 10:00 am Saturday Surprise Rotation
10:00 - 11:00 am ZUMBA Paula	10:00 - 11:00 am ZUMBA Gold Tena	10:00 - 11:00 am ZUMBA Paula	10:00 - 11:00 am ZUMBA Gold Tena	10:00 - 11:00 am ZUMBA Tami	10:00 - 11:00 am Yoga Alissa
12:10- 1:10 pm Spin Jeni	12:10 - 1:00 pm Core and More Jeni	12:10 - 1:00 pm Spin Kelly	12:10 - 1:00 pm Core and More Jeni	12:10 - 1:00 pm Spin Jean/Jeni	
5:30 - 6:15 pm HIIT Michelle B	5:30 - 6:30 pm ZUMBA Armando	5:45 - 6:30 pm Pound Michelle D. / Rikkie	5:30 - 6:30 pm ZUMBA Tami	5:30 - 6:30 pm ZUMBA Armando	

Beginning Tai Chi

Introduction to the 2,000 year old Chinese martial art that uses slow rhythmic movements that build balance and strength to enhance overall health. Time and attention are given as the moves of the 24 form of Tai Chi are taught at an individualized pace.

Meets in the Gym.

Continuing Tai Chi

Introduction to the 2,000 year old Chinese martial art that uses slow rhythmic movements that build balance and strength to enhance overall health. **Meets in the Gym.**

Core and More

You will see results quickly with this intense workout. We use various fitness modalities to strengthen your core abdominal and lower back muscles. You will also perform exercises to strengthen your entire body including squats, lunges, push-ups and plyometric exercises. **Meets in the Gym.**

Core Camp

This class is a cross between Boot Camp and Core and More. You will work on strength, endurance and cardio. **Meets in the Gym.**

HIIT (High Intensity Interval Training)

This 45 minute workout will improve cardiovascular fitness and maximize calorie burn by alternating intense cardio bursts with less intense recovery intervals. **Meets in the Gym.**

Boot Camp

Want to get into the best shape of your life? Join us for an intense fitness experience designed to give you amazing results. Class includes drills, core conditioning, muscle endurance and strengthening exercises. **Meets in the Gym.**

Pound

Pound is a cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums. Using lightly weighted drumsticks made especially for fitness, Pound is a full body workout that includes exercises for the lower body, upper body and core. **Meets in the Gym.**

Rise and Shine Fitness

Rise and shine and join us for a fitness adventure. Class is open to all fitness levels and will include cardio, strength, and flexibility training.

Meets in the Gym.

Saturday Surprise

Looking for variety in your fitness routine? Try our Saturday Surprise class with a different format each week. You will be guaranteed to get a great workout! Class formats may include HIIT, Boot Camp, Core and More, Spin or Pound. **Meets in the Gym.**

Spin

These classes are designed to burn calories and motivate you to reach your fitness goals. Spin combines music and cycling to elevate your heart rate and make you sweat! **Meets in the Gym.**

Yoga

Using the Anusara principles of alignment and biomechanical principles along with the Pilates method of core work, you will work your body deeply toward strength and healing. **Meets in the Gym.**

ZUMBA

Ditch the Workout – Join The Party! ZUMBA has easy to follow dance moves and routines. ZUMBA features interval training sessions where fast and slow rhythms are combined to tone your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA! **Meets in the Gym.**

ZUMBA Gold

ZUMBA Gold is easier than ZUMBA but just as much fun. The moves have been carefully designed to be safe and easy to follow by individuals of any size or age. This program is designed for beginners, individuals that have physical limitations or older adults. **Meets in the Gym.**

More classes will be added when the aerobic studio and mind-body room reopen. You can also check out our Virtual classes on YouTube: RogueValleyFamilyY