





Summer Group Exercise Schedule							Effective July 1, 2008	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	6:00am Cardio-Tennis *	6:15am Group Cycling Paul		6:00am Pilates Mat * Anita	6:30am Group Cycling Susie/Rotation			
		8:30 a.m. Hi/Low Aerobics Chris L.		8:30 a.m. Hi/Low Aerobics Chris L.	9:00 a.m. Cardio-Tennis *			
	9:15 a.m. Step	9:15 a.m. Yin-Yang * (cardio kickbox) Lori		9:15 a.m. Step	9:15 a.m. Yin-Yang * (cardio kickbox) Lori		9:15 a.m. Step & Sculpt Trish	9:15 a.m. Step Interval Lynda/Rotation
	10:05 Sculpt JoAnne			10:05 Sculpt JoAnne				9:35am S Pilates Mat Jillian
	9:30am S Pilates * Trish	10:30am ZUMBA * Denise		10:30am S Rock Solid ** Lori		10:35am Body Blast John/rotation		
				4:45pm S Pilates John				
	5:10pm Body Blast John	5:10pm Group Cycling Tara						
		5:45pm S Pilates Karen						
	6:00 p.m. Nice-N-Easy * Anita	6:00 p.m. Step Lynda	6:00 p.m. Nice-N-Easy * Anita	6:00 p.m. Body Blast Chris K.				
				6:00 p.m. S Fitness Yoga-Basic ** Chris L. (5 wks)				
	7:05 p.m. Strength/Sculpt Melissa	7:05 p.m. Body Blast Linda/Mary	7:05 p.m. ZUMBA* Lauren					
7:30 p.m. Fusion ** Gena		7:30 p.m. S Fitness Yoga ** Gena	7:30 p.m. Cardio-Tennis *					
		9:00 p.m. Cardio-Tennis *						

Classes are held in the Aerobics Room, unless noted.

Key:
S = Studio
FC = Fitness Center
AF = A-Frame Bldg
CardioTennis = Courts

Building Hours
M-F 5:00am-10pm
Sat 7am-7pm
Sun 10am-3pm



YMCA Portage Branch
www.kzooyymca.org
269.324.9622

** = Registration required for all
* = Registration required for non-members

Group Exercise classes are for ages 12 & up (12-14 w/adult supervision present)

Same policy applies to the Fitness Center

SCHEDULE SUBJECT TO CHANGE. YMCA RESERVES THE RIGHT TO CANCEL CLASSES DUE TO LOW PARTICIPATION.

Class Descriptions

*Class Schedule Subject to Change

eff. 7/1/08

Nice-N-Easy - Slower paced, basic step class. Increases cardiovascular endurance and muscle strength. Great class for a beginning stepper and/or for a basic step workout. Ab/core included. 60 minutes.

Step Aerobics- A fantastic fat-burning, high intensity, low impact workout using the Reebok step. Muscle strengthening/resistance work also included. 60 minutes.

Step Interval- A cardiovascular and strength training workout. Weight/resistance exercises alternate with cardio-combinations on the Reebok step. A great workout for all fitness levels. 60 minutes.

Step and/or Sculpt- Cardiovascular conditioning on the Reebok step followed by 45 minutes of strength/resistance training (**Mon. & Wed. at approx. 10:05am**). Participants can join class for sculpting only--you must warm-up prior to starting resistance/strength training. 2 hrs total.

Yin-Yang (cardio kickbox)- Low & high impact cardio-class which combines slow and fast sets of martial arts influenced moves in combination with kick boxing. Ab/core work included. 60 minutes.

Hi/Low Aerobics- Aerobics like you remember! For those who like to move and dance on the floor--No Step. Instructor shows low and high impact options. Abs and stretching included. **All ages and skill-fitness levels are welcome.** 45 minutes. (Active Older Adult approved)

Strength & Sculpt- A class designed to strengthen and tone all muscle groups. Weights and bands are used. Not designed as a cardiovascular workout. Abdominal/core strength included. 50 minutes.

Group Cycling- Great cardiovascular and leg workout that consists of a warm-up, varied intensity intervals, and a cool down. All fitness levels welcome. 45 minutes.

Pilates Mat- Increase core strength and flexibility. Create lean muscle, balance the body's musculature, and strengthen the low back. Some classes will use equipment (balls/bands) to enhance the workout. 45-50 minutes.

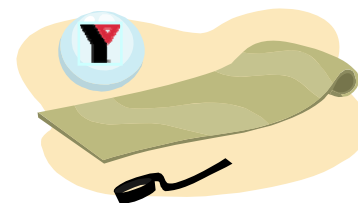
Body Blast- High repetition, weight training class w/barbells & interchangeable weight plates. Increase strength, sculpt/tone muscles, and challenge your cardiovascular system. Adaptable to all fitness levels. 50 minutes.

NEW Rock Solid- is a class where we can worship our Heavenly Father while being good stewards in caring for His holy temple, our bodies. We'll move continuously, transitioning from one strength building position to another while meditating on the Word of God. The physical benefits are many—leaner, stronger, healthier—similar to the benefits of mind/body classes but with a spiritual focus! 60 minutes.

ZUMBA- Get fit and have fun while learning to Salsa and Meringue! Our instructors teach fun, Latin based steps and rhythms combined with interval and resistance training. No prior experience required. 60 minutes.

Cardio Step & Drills- Cardio only class using the Reebok step. Non-complicated step combinations combined with drills. Focus is on cardiovascular conditioning. 45 minutes. (Cancelled for Summer)

SilverSneakers® 1 - Muscular Strength & Range of Movement (To Be Scheduled)
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 seated and/or standing support. 45 minutes



Fusion = Yoga + Pilates
Combine Pilates exercises w/Yoga poses.

Fitness Yoga
Condition & strengthen the body w/Yoga poses.

Stability Ball Class
Total body workout. Increase core strength, improve posture & flexibility.

Cardio Tennis
A workout on the courts!

