

# GROUP FITNESS SCHEDULE – WINTER 2

YMCA OF THE NORTHWOODS: February 25, 2019— April 14, 2019



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00AM</b> <b>Indoor Cycling</b> 55 Min FIT PASS Aerobics Studio Instructor: Sue	<b>6:00AM</b> <b>Circuit Training</b> 55 Min FIT PASS Wellness Studio Instructor: Joan	<b>6:00AM</b> <b>Indoor Cycling</b> 55 Min FIT PASS Aerobics Studio Instructor: Sue			
<b>7:30AM</b> <b>Club Moves</b> 55 Min FIT PASS Aerobics Studio Instructor: Katie L	<b>7:30AM</b> <b>Men's Stretching</b> 40 Min FIT PASS Aerobics Studio Instructor: Marilyn	<b>7:30AM</b> <b>Club Moves</b> 55 Min FIT PASS Aerobics Studio Instructor: Amy S	<b>7:30AM</b> <b>Men's Stretching</b> 40 Min FIT PASS Aerobics Studio Instructor: Marilyn	<b>7:30AM</b> <b>Club Moves</b> 55 Min FIT PASS Aerobics Studio Instructor: Amy S	
<b>8:30AM</b> <b>Glutes &amp; Guts +Bonus</b> 40/15 Min FIT PASS East Gym Instructor: Katie Y	<b>8:30AM</b> <b>Functional HIIT</b> 55 Min FIT PASS East Gym Instructor: Steve	<b>8:30AM</b> <b>Glutes &amp; Guts +Bonus</b> 40/15 Min FIT PASS Aerobics Studio Instructor: Katie Y	<b>8:30AM</b> <b>Functional HIIT</b> 55 Min FIT PASS East Gym Instructor: Steve	<b>8:30AM</b> <b>Tabata Triple Threat</b> 55 Min FIT PASS Aerobics Studio Instructor: Amy S	<b>8:30AM</b> <b>Chisel</b> 55 Min FIT PASS Aerobics Studio Instructor: Jane
<b>8:30AM</b> <b>Pilates</b> 55 Min FIT PASS Aerobics Studio Instructor: Jane	<b>8:30AM</b> <b>Total Body</b> 55 Min FIT PASS Aerobics Studio Instructor: Katy		<b>8:30AM</b> <b>Club Moves</b> 55 Min FIT PASS Aerobics Studio Instructor: Katie L		
<b>9:30AM</b> <b>SilverSneakers @ Cardio</b> 55 Min FIT PASS Aerobics Studio Instructor: Katy	<b>9:30AM</b> <b>Cardio Kick/ Core Strength</b> 55 Min FIT PASS Aerobics Studio Instructor: Katy	<b>9:30AM</b> <b>Senior Fit</b> 55 Min FIT PASS Aerobics Studio Instructor: Linda	<b>9:30AM</b> <b>Women's Stretching +Bonus</b> 40/15 Min FIT PASS Aerobics Studio Instructor: Joan	<b>9:30AM</b> <b>Piloxing</b> 55 Min FIT PASS Aerobics Studio Instructor: Linda	<b>9:30AM</b> <b>Yoga</b> 55 Min FIT PASS Aerobics Studio Instructor: Jane
<b>10:30AM</b> <b>Line Dancing</b> 55 Min FIT PASS Aerobics Studio Instructor: Katy	<b>9:45AM</b> <b>Fundamentals of Boxing/Kickboxing</b> 55 Min ROSTER Wellness Studio Instructor: Steve	<b>10:30AM</b> <b>Yoga</b> 55 Min FIT PASS Aerobics Studio Instructor: Linda	<b>9:45AM</b> <b>Fundamentals of Boxing/Kickboxing</b> 55 Min ROSTER Wellness Studio Instructor: Steve	<b>10:30AM</b> <b>Line Dancing</b> 55 Min FIT PASS Aerobics Studio Instructor: Katy	
<b>11:00AM</b> <b>Adult Archery</b> 55 Min ROSTER East Gym Instructor: Jim & Laurie	<b>10:30AM</b> <b>SilverSneakers @ Classic</b> 55 Min FIT PASS Aerobics Studio Instructor: Marilyn		<b>10:30AM</b> <b>SilverSneakers @ Classic</b> 55 Min FIT PASS Aerobics Studio Instructor: Marilyn		
<b>12:00PM</b> <b>Yoga</b> 55 Min FIT PASS Aerobics Studio Instructor: Linda	<b>12:00PM</b> <b>Full Body HIIT</b> 55 Min FIT PASS Aerobics Studio Instructor: Amy S		<b>12:00PM</b> <b>Chisel</b> 55 Min FIT PASS Aerobics Studio Instructor: Amy S/Jane		
<b>1:00PM</b> <b>Tai Chi</b> 55 Min FIT PASS Aerobics Studio Instructor: Karen		<b>1:30PM</b> <b>Headwaters, Inc.</b> 55 Minutes Aerobics Studio <b>RESERVED TIME</b>		<b>1:30PM</b> <b>Headwaters, Inc.</b> 55 Minutes Aerobics Studio <b>RESERVED TIME</b>	
<b>4:00PM</b> <b>Youth Club Moves</b> 55 Min ROSTER Aerobics Studio Instructor: Robyn	<b>4:30PM</b> <b>Kidz Moves</b> 45 Min ROSTER Aerobics Studio Instructors: Matt/ Robyn	<b>4:15PM</b> <b>Zumba@ Kids Jr.</b> 45 Min ROSTER Aerobics Studio Instructor: Veronika	<b>3:15 - 5:25PM</b> <b>Power Zone</b> Aerobics Studio	<b>5:00PM</b> <b>Tabata Triple Threat</b> 55 Min FIT PASS East Gym: 5-5:30 A. Studio: 5:30-6 Instructor: Susan	
<b>5:00PM</b> <b>Abs &amp; Tone (Express Class)</b> 25 Min FIT PASS Aerobics Studio Instructor: Niki		<b>5:00PM</b> <b>Abs/TRX</b> 30/30 Min FIT PASS Aerobics/Wellness Studio Instructor: Amy J & April			
<b>5:30PM</b> <b>STRONG by Zumba@</b> 55 Min FIT PASS Aerobics Studio Instructor: Veronika	<b>5:30PM</b> <b>Zumba@ Fitness</b> 55 Min FIT PASS East Gym Instructor: Denise		<b>5:30PM</b> <b>Zumba@ Fitness</b> 55 Min FIT PASS East Gym Instructor: Denise		
<b>6:00PM</b> <b>Fundamentals of Boxing/Kickboxing</b> 55 Min ROSTER Wellness Studio Instructor: Steve	<b>5:30PM</b> <b>Indoor Cycling</b> 55 Min FIT PASS Aerobics Studio Instructor: Val	<b>6:30PM</b> <b>Tai Chi</b> 55 Min FIT PASS Aerobics Studio Instructor: Rob	<b>6:00PM</b> <b>Women's Self-Defense</b> 55 Min ROSTER Aerobics Studio Instructor: Larry	<b>6:00PM</b> <b>Y Zone</b> FREE - Members \$10 - General Public <b>Dates:</b> March 29, April 12, May 17	

Updated 3/8/19

Sign-In required for all classes.

Attendance is tracked via the sign-in sheets so please be sure to sign-in to every class so we can accurately track enrollment for each class.

The Y reserves the right to cancel a class due to low participation.

This schedule is subject to change.

Cancellations or updates can be viewed on the Y website or Y Facebook page.

Classes are not refundable unless you have the Director's approval.

**LAND FIT PASS:**  
(Flexibility In Taking)  
Members: \$10  
General Public: \$75  
You may attend any of these classes with the purchase of a FIT Pass. No other registration is necessary. Class pricing is for the 7-week session

**AQUA/LAND FIT PASS:**  
(Flexibility In Taking)  
Members: \$20  
General Public: \$150  
You may attend any aquatic or land class with the purchase of a AQUA/LAND FIT Pass. No other registration is necessary. Class pricing is for the 7-week session.

**Drop-In:**  
Members: \$3  
No non-member drop-in.  
Space Permitting.  
Fees apply to only one class per day for FIT Pass and/or Roster classes only.

**ROSTER:**  
Members: \$15  
General Public: \$35  
These classes are offered at an additional fee and limited space. Participants must pre-register. Class pricing is for the 7-week session.

**YOUTH SCHEDULE**  
Please see Youth Schedule for Youth Class descriptions; Youth Club Moves, Kidz Moves, Zumba@ Kids Jr, Power Zone, and Y Zone.

Phone: 715-362-9622

Website: www.ymcaofthenorthwoods.org

Facebook: www.facebook.com/YMCANW

# GROUP FITNESS CLASS DESCRIPTIONS—WINTER 2

## ABS/TRX

This class will feature a 30 minute session of core workout with Amy J and 30 minutes of TRX with April. ABS class focuses on core work and more, as TRX adds to the core work with bodyweight exercises to develop strength, balance, flexibility, and more core stability. Your core will thank you! 30/30 Minutes.

## ABS & TONE (EXPRESS CLASS)

Gain cardio fitness, muscle tone, and core strength all in one. Tone work uses bands, weights, and some floor work. 25 Minutes.

## CARDIO KICK/CORE STRENGTH

This class uses kickboxing moves in a dance style format for a vigorous full body cardiovascular workout. A variety of equipment will be used for toning and strengthening with an emphasis on the core. Bring a mat for floor-work and stretching. This class is geared for all ages. 55 Minutes.

## CHISEL

For men and women to build muscle strength and endurance, define and "sleekify" major muscle groups and rock it to music. This class will emphasize safe form, and will combine weights, bands and fit balls. Beginner or experienced welcomed. You'll feel stronger from the inside and see results on the outside. 55 minutes.

## CIRCUIT TRAINING

Imagine a workout routine that mixes cardio and strength training. Circuit training is a style of workout where you cycle through several exercises targeting different muscle groups with minimal rest in between. All skill levels welcome. 55 Minutes.

## CLUB MOVES

Club Moves features today's top dance hits and funky upbeat moves. We will practice several warm up songs to get you comfortable with the basic dance moves used throughout the class. This class is perfect for the person wanting to have fun and "get down" with exercise. 55 Minutes.

## GLUTES AND GUTS +Bonus

This class will focus on the glutes, abs and inner thighs using various equipment and exercises, other than squats and crunches. 40 Minutes.  
**Additional bonus time for extra work:** 15 Minutes.

## FULL BODY HIIT

If you're bored of your current cardio and weight regime then it's time for FBH. Using a variety of equipment and your own body weight, you will be pushed to the limit. This class will focus on short bursts of intense training. Remember all classes can be modified to your personal needs and goals. 55 Minutes.

## FUNCTIONAL HIIT

HIIT (High Intensity Interval Training) is a course designed to challenge and improve aerobic capacity and muscular endurance. It features a wide variety of rapid paced burst exercises and bodyweight isometrics to burn fat and build lean muscle. Our Nationally Certified Personal Trainer Steve Augustyn will deliver this program! 55 Minutes.

## INDOOR CYCLING

A heart-pounding, low-impact workout. All fitness levels welcome! Speed, endurance and overall fitness will be improved. Instructors will lead class through various "team" activities and "relay races" to keep you engaged and moving. 55 Minutes.

## LINE DANCING

Introductory Line Dancing - It's not just Country! Begin by learning a variety of steps and combinations. Dust off old favorites like the Electric Slide, Cowboy Hustle and Cupid Shuffle as you progress to new and more complex patterns as you go through the session. The dances learned will be an enjoyable treat for both the body and the brain. 55 Minutes.

## MEN'S STRETCHING

This class is designed for men to increase flexibility for sports, activities and daily living. 40 Minutes.

## PILATES

Pilates is a body conditioning routine that builds flexibility, strength, endurance, and coordination without adding muscle bulk. In addition, pilates increases circulation and helps to sculpt the body and strengthen the body's core (powerhouse). 55 Minutes.

## PILOXING

Piloxing uniquely mixes boxing and Pilates into a calorie blasting, muscle toning, core-centric interval workout. Guaranteed to whip you into shape, using a class format that is both fun and challenging. Ending the class with floor work for both the glutes and abs followed by a nice cool down!! All levels are welcome. 55 Minutes.

## SENIOR FIT

A fun and total body workout for seniors and people new to exercise. This class will incorporate easy movement patterns that include weights, resistance bands and a ball. Also adding low impact moves to keep your joints mobile with range of motion exercises. A chair is used for seated and/or standing support. 55 Minutes.

## SILVER SNEAKERS® CARDIO

Increase your cardiovascular and muscular endurance with this aerobic workout. Improve your total body strength using hand-held weights, elastic tubing with handles, and a ball. Train your brain by learning a variety of choreographed moves and keep your joints mobile with range-of-motion exercises. A chair is offered for support and used for a cool-down stretch at the end. 55 Minutes.

## SILVERNEAKERS® CLASSIC

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 and a chair is used for seated and/or standing support. 55 Minutes.

## STRONG BY ZUMBA®

Stop counting the reps. Start training to the beat. This class combines body weight, muscle conditioning, as well as cardio and plyometric training moves synced to music that has been designed to match every single move. The instructor will change up the music and moves frequently to make sure you're always challenged to the max. 55 Minutes.

## TABATA TRIPLE THREAT

Tabata is a high intensity interval training workout featuring exercises that last 4 minutes. You will get more impact on both the aerobic and anaerobic systems while using different equipment. This class is a combination of cardio, strength and core exercises. Designed to work up a sweat, challenging yourself to your limits and beyond! 55 Minutes.

## TAI CHI

A Chinese system of physical exercises that are believed to facilitate the flow of Qi (life force) in the body, promoting good health and vitality. Tai Chi utilizes movements that are Yin Yang opposites: softness and strength, forwards and backwards, action and calm. 55 Minutes.

## TOTAL BODY

This class is for anyone who wants to keep their muscles strong, heart healthy and minds active. We will warm-up, elevate the heart rate with aerobic patterns, challenge the muscles with weights, bands and balls, and finish with a cool-down stretch. This class will have modifications so that you may progress safely at your pace. 55 Minutes.

## WOMEN'S STRETCHING

This class is designed to strengthen the body, build your balance and increase coordination skills. Using low impact resistance and stability training, you will leave here feeling stronger in body and more confident in activities throughout your everyday life. 40 Minutes.

**Additional bonus time for extra work:** 15 Minutes.

## YOGA

This style class will give you the opportunity to explore ways to create increased flexibility, strength and peace. The class is designed for all levels and the goals are to recognize postures and exercises that safely work for you. Each class includes gentle warm-ups, flowing movement, static holds and ends with a period of rest. Yoga is for everyone! 55 minutes

## ZUMBA® FITNESS

Zumba® is an exhilarating, effective, easy to follow, Latin-inspired, calorie-burning dance fitness party. It blends red-hot international music and contagious steps to form a "fitness party" that is downright addictive. Fun and challenging for any fitness level! 55 Minutes.

## ROSTER CLASSES:

These classes are offered at an additional fee and requires pre-register. These classes have limited space or equipment. Classes are led by a topic expert or Nationally Certified Personal Trainer.

### ADULT ARCHERY

This adult indoor Target Archery class consists of shooting at stationary bulls-eye targets. It is a great way to learn and practice the skill of archery. All equipment is provided. The bows are adjustable for all to be successful no matter your ability.

**7-Week Session: \$15 Member - \$35 General Public**

### FUNDAMENTALS OF BOXING/KICKBOXING

Designed to demonstrate and teach the basic elements of boxing and kickboxing. The primary learning goals will consist of developing; proper body mechanics, agility, technique as well as muscular and aerobic endurance. Develop confidence in your physical abilities and have fun while you learn an invaluable skill set. 55 Minutes.

**Lead by Steve Augustyn:** Nationally Certified Personal Trainer and experienced in martial arts (Boxing, Kickboxing, Muay Thai and Marine Corps Martial Arts Program). *Fee is per Roster class.*

**7-Week Session. \$15 Member—\$35 General Public**  
*(Required gear: 16oz boxing gloves)*

### WOMEN'S SELF DEFENSE

Self-defense is a set of awareness, assertiveness, verbal skills, safety strategies, and physical techniques. This self-defense course provides psychological awareness and verbal skills, not just physical training. This class focuses on self-defense maneuvers that are valuable and confidence building for women. Learning techniques and practicing in a safe environment will give you the confidence you need in any situation. This class will be physical, so come dressed to move. 55 Minutes. **Lead by Larry Sparling:** Nationally Certified Personal Trainer, retired Law Enforcement Officer, and certified instructor in Defensive and Arrest Tactics.

**7-Week Session: \$15 Member—\$35 General Public**