



Group Exercise Schedule

3/6/2019

Schedule is also available at: www.midymca.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 – 7:00am Boot Camp Sherri		6:00-7:00 Insanity® by Beachbody Kim		6:00-7:00 Core de Force Kim	7:30-8:30 Boot Camp Craig <i>Gymnasium</i>
		8:30-9:15am Circuit Training Lee <i>Performance Zone</i>				8:30-9:30am Body Sculpt Inst. Du Jour
10:15-11:45am Flex Missy	9:15-10:15am 20/20/20 Paige	9:15-10:15am Hip Hop Candice	9:15- 10:15am Step & Sculpt Irene	9:15-10:15am Hip Hop Candice	9:15-9:55am Body Sculpt Sue	
		10:15-10:55am Core Plus Cindy		10:15-11:00am Vinyasa Flow Yoga Cindy	10:00-10:50am Cize® Live by Beachbody Sue	
	11:00-11:45am Syncopation Gold Sue	11:00-11:50am Silver Sneakers® Yoga Stretch Cindy	11:00-11:45am Tai Chi Cindy	11:00-11:50am Silver Sneakers® Yoga Stretch Cindy	11:00-11:45am Syncopation Gold Sue	
	12:00-12:45pm Silver Sneakers® Cathy/Kitch		12:00 - 12:45pm Silver Sneakers® Cindy		12:00 - 12:45pm Silver Sneakers® Sue	
				4:15 – 5:15 Vinyasa Flow Yoga Tricia		
		5:30-6:30pm PIYO® by Beachbody Jessica B.	5:00-6:00pm ZUMBA Sharon	5:30-6:30pm Zumba Toning Sharon <hr/> 5:30-6:30pm Tone Zone <i>Gymnasium</i> Inst. Du Jour		
	6:30-7:30pm Sets & Reps Missy	6:30 – 7:15pm Core, Balance & Stretch Sue	6:00-7:00pm Classical Hatha Yoga Erika	6:30-7:30pm Insanity® by Beachbody Jessica B.		

Classes held in the Cycling Studio:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-7:00am Rise & Ride Yvonne	5:30-6:30am Rise & Ride Yvonne	6:00-7:00am Rise & Ride Yvonne		
8:30-10am Long Cycle Inst. Du Jour	10:00-11:00am Complete Cycling Sarah		10:00-11:00am Complete Cycling Sarah		10:00-11:00am Complete Cycling Sylvia	9:45-10:45am Complete Cycling Sylvia
		10:00-11:00pm Complete Cycling Dana		11:00-12:00 pm Complete Cycling Cindi P		
	5:30 – 6:15pm Complete Cycling Missy		5:30-6:30pm Complete Cycling Jenny	5:30 – 6:15 Complete Cycling Missy		

20/20/20 – 20 mins of cardiovascular exercise, 20 mins of strength training, and 20 mins of stretching/core work.

BOOT CAMP – This class will build strength and fitness through a variety of intervals over a one-hour time period.

BODY SCULPT– A toning class using weights and resistance movements for overall muscle conditioning.

FLEX - Flex is two classes in one: 60 minutes of strength exercises for a full body workout using a variety of dumbbells, bands, and body weight, followed by 30 minutes of gentle stretch. Suitable for all levels.

CIRCUIT TRAINING – 45-minute interval class held in the Performance Zone, combining strength training and a cardiovascular workout.

SIZE® LIVE BY BEACHBODY - A new, energetic, easy-to-follow, dance fitness class that is fun and effective. Fresh new music to help you burn calories while learning some hot dance fitness routines. For any fitness level.

CLASSICAL HATHA YOGA - For 60 minutes, you'll be guided through Pranayama (charging and balancing breathing exercises), Sun Salutations, a series of Yoga Asanas (steady postures) and an extended final relaxation.

CORE, BALANCE & STRETCH - Build core strength while enhancing balance. This class allows you to build a strong core combining moves for upper and lower body strengthening with body sculpting, resistance bands, and fitness balls.

PIYO® BY BEACHBODY – Muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga performed at a speed that delivers a true fat-burning, low-impact workout that leaves your body looking long, lean, and sculpted.

CORE PLUS - 40-minute class focusing on Core Strength with Pilates elements.

HIP HOP - An easy-to-follow dance fitness class incorporating choreography, fun and fitness.

INSANITY® BY BEACHBODY – A total body interval workout that requires no equipment but uses body weight for resistance. Increases aerobic fitness while burning fat.

SETS AND REPS – A 50-minute class focused on strength training with small equipment.

SILVER SNEAKERS® - 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, and a chair is used for seated and/or standing support.

SILVER SNEAKERS® YOGA STRETCH - Move your body through a complete series of seated and standing Yoga poses and stretches. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, & range of movement. Restorative breathing exercises & a final relaxation will promote stress reduction & mental clarity.

STEP & SCULPT- A great workout for both cardiovascular conditioning and muscular conditioning. Combines step workout with intervals of targeted resistance exercise.

SYNCOPATION GOLD - A lower-intensity Dance Fitness class, great for Active Older Adults.

TAI CHI - Achieve stress reduction and improve your balance and flexibility through gentle movements.

ZONE – A medium-impact class that will tone and shape all muscles. Instructor will use kettlebells, dumbbells, stability balls, bands, and bodyweight movements to strengthen your body and core. Held in the gymnasium.

VINYASA FLOW YOGA - Energizing and empowering yoga class that will include sun salutations, core work, and standing poses to strengthen & tone your entire body. This class is accessible to all levels who want to move and sweat.

ZUMBA® - An aerobic class that combines the moves of International dance with a fun-filled, fast-paced cardio workout.

ZUMBA TONING® - An aerobic class that combines the moves of International dance with a fun-filled, fast-paced cardio workout along with toning using light weights.

Cycling Class Descriptions:

RISE AND RIDE - An early-morning cycling class, designed to give the complete cycling experience.

COMPLETE CYCLING - A varied workout and includes all aspects of group cycling.

LONG RIDE – a 90-minute Sunday cycling class designed to keep your conditioning up over the winter months.

All fitness levels are encouraged to participate. If you are new to group cycling, please try to get to class a few minutes early and make the instructor aware that you are a novice. They are always happy to help you get comfortable with the bike.