



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE - NOVEMBER 2017

LA PORTE COUNTY FAMILY YMCA - LA PORTE BRANCH

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:30 am-6:30 am Cycling (RL) Jessica	5:30 am-6:30 am Extreme Cut (U) Jessica	5:30 am-6:30 am Cycling (RL) Jessica	5:30 am-6:30 am Extreme Cut/Circuit (U) Jessica	5:30 am-6:30 am Cycling (RL) Jessica	7:15 am - 8:15 am Cycling (RL) Susy	2:00 pm - 3:00 pm Zumba® (U) Gail
7:40 am-8:40 am Aquacise (P) Bonnie	5:30 am-6:30 am Zumba® (L) Jamie	7:40 am-8:40 am Aquacise (P) Bonnie	7:45 am-8:45 am Pilates (U) Bonnie	5:30 am-6:30 am Zumba (L) Jamie	7:30 am-8:30 am Pilates (U) Bonnie	
9:00 am-9:45 am Silver Splash (P) Bill	9:00 am-10:00 am Zumba® (U) Jody	9:00 am-9:45 am Silver Splash (P) Bill	*9:00 am-9:45 am Tabata (MP) Christina	7:40 am-8:40 am Aquacise (P) Bonnie	7:45 am-8:45 am Aqua Boot Camp (P) Mary Jane	
9:00 am-10:00 am Special Enrollment (U)	9:00 am-10:00 am Rip-N-Ride (RL) Jami	9:00 am-10:00 am Special Enrollment (U)	9:00 am-10:00 am Yoga (L) Naoko	9:00 am-10:00 am Zumba® (L) Jody	9:00 am-10:00 am Boot Camp (MP) Jami	
9:45 am-10:45 am Senior Stretch (P) Mary Jane	10:30 am-11:30 am Silver Sneakers (U) Bill	9:45 am-10:45 am Senior Stretch (P) RoseAnna	10:30 am-11:30 am Silver Sneakers (U) Bill	9:00 am-9:45 am Silver Splash (P) Bill	9:00 am-10:00 am Zumba® (L) Caitlin	
10:15am-11:15 am Senior Yoga (L) Bill	12:00 pm-1:30 pm Special Enrollment (U)	10:45 am-11:45 am Deep Water Aqua Tabata (P) Cynthia	12:30 pm-2:00 pm Special Enrollment (U/P)	9:00 am-10:00 am Special Enrollment (U)		
10:30 am-11:30 am Drum Fitness (U) Samantha	1:30 pm-2:30 pm Special Enrollment (U)	4:30 pm-5:30 pm Zumba® (U) Tom	4:30 pm-5:30 pm Drum Fitness (U) Samantha	9:45 am-10:45 am Aqua Tabata (P) Cynthia		
10:45 am-11:45 am Aqua Tabata (P) Cynthia	4:00 pm-5:00 pm Yoga (L) Caroline	5:30pm-6:30 pm Body Strength (U) Kate	5:30 pm-6:30 pm Zumba® (L) Caitlin	10:15 am-11:15 am Senior Yoga (U) Bill		
4:30 pm-5:30 pm Step and Tone (U) Jody	4:45 pm-5:30 pm Butt and Gut (U) Tara	6:00 pm-7:00 pm Yin Yoga (L) Naoko	5:25 pm-6:25 pm Aqua Boot Camp (P) Mary Jane	12:30 pm-2:00 pm Special Enrollment (P)		
5:00 pm-6:00 pm Strong by Zumba® (L) Jamie	5:15 pm-6:15 pm H.I.I.T (MP) Matt		6:30pm-7:30pm Aqua Burn (P) Mary			
5:30 pm-6:30 pm Powercut (U) Jody	**5:30 pm-6:30 pm Zumba® (U) Caitlin					
6:00 pm-7:00 pm Yin Yoga (L) Naoko	5:25 pm-6:25 pm Aqua Boot Camp (P) Mary Jane					
	6:30 pm-7:30 pm Zumba® Step (U) Gail					
	6:30 pm-7:30 pm Aqua Burn (P) Mary					

(L)	Lower Aerobic Room
(MP)	Multi-purpose Room
(P)	Pool
(RL)	Racquetball Lobby
(U)	Upper Aerobic Room

***limited to 16 participants**

****all ages welcome (children under 10yrs of age must be accompanied by adult)**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE - NOVEMBER 2017

LA PORTE COUNTY FAMILY YMCA - LA PORTE BRANCH

Aquacise (60 minutes) A very effective aerobic workout challenging both beginner and advanced fitness levels. The faster you kick, push and pull the more intense workout you will face.

Aqua Burn (60 minutes) Warning: This class will make you sweat! This program is a deep-water exercise combined with the weight and noodle exercises.

Aqua Boot Camp (60 minutes) This is an advanced workout combining weights and noodles to incorporate water resistance cardio exercises.

Aqua Tabata (60 minutes) Aqua Tabata is a HITT (High Intensity Interval Training) in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. Suspension and weights are also used in this class (or not). This class is very much a work at your own maximum, so all levels can benefit.

Body Strength (60 minutes) This class uses body weight along with creativity to target overall strength, balance, flexibility and core conditioning.

Boot Camp (60 minutes) This is a intense workout, so be ready to be pushed to new limits! Instructors use a variety of fast-paced conditioning exercises to help you reach your fitness goal.

Butt and Gut (45 minutes) A butt-kicking, gut-wrenching class aimed at improving your lower body and core. You will be lead through a total core and lower body workout using various exercises, equipment and techniques.

Cycling (60 minutes) Indoor group cycling on specifically-designed fixed-gear bicycles. Participants control their own intensity level, which makes group cycling great for people of all fitness levels.

Drum Fitness (60 minutes) Can't carry a tune or stay on beat for the life of you? No worries! All you need to stay on task in this class is a bit of coordination and lots of concentration. An instructor will help you find the right rhythm while you beat on a stability ball. Come join the smiles, sweat, and laughter while toning your arms, core, and getting a great cardio workout.

Extreme Cut (60 minutes) This is an advanced class that involves using barbells and weights to achieve the ultimate resistance training workout. Come ready to get STRONG! We focus on gaining strength through classic weight principles.

H.I.T.T (60 minutes) This is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. Modifications for all fitness levels are provided.

Pilates (60 minutes) This class improves muscle control, flexibility, strength and tone of your entire body. Each exercise is designed to open joints and improve breathing while strengthening your core.

Powercut (60 minutes) This is an innovative way to train using barbells and weights to the latest music. This powerful workout provides total body conditioning and toning to help you look and feel your best.

Rip N Ride (60 minutes) A fast, full body workout that combines a 30 minute cycling class with 30 minutes of weight training.

Senior Stretch (60 minutes) The buoyancy and resistance property of water can help decrease pain, stiffness, and help improve joint flexibility through stretching.

Senior Yoga (45 minutes) This class will move your whole body through a complete series of seated, standing, and floor yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Silver Sneakers/Splash (60 minutes) Based upon the idea of "fitness, fun, and friends," this class incorporates fun, social programming with an exercise program that enhances independent living skills. This low-impact fitness class is held in both the pool and aerobics room.

Step and Tone (60 minutes) This class is a mixture of basic step aerobics and strength training without resistance equipment. If you like to move and want a total body workout, this is for you!

Tabata (45 minutes) This class uses interval routines that consist of 20 seconds of maximum interval exercise followed by a 10 second rest, repeated without pause for 4 minutes. If your goal is to muscle tone, weight loss, or both, this class will provide what you're looking for.

Yin Yoga (60minutes) Yin Yoga is composed of seated and lying down poses with an emphasis on relaxing the muscles, stretching the connective tissue around the joints and encouraging mental calmness. Poses are held anywhere from 1-4 minutes. This class will leave you feeling rejuvenated.

Yoga (60 minutes) This class introduces beginner participants to basic yoga postures and helps more advanced participants strengthen, improve balance, increase flexibility and calm the whole person.

Zumba® (60 minutes) This high-energy class incorporates unique dance moves to a fusion of Latin and international music that creates a dynamic and exciting workout. It is a mixture of body-sculpting movements with easy-to-follow dance steps that maximize fat burning and total body toning.

Zumba® Step (60 minutes) A combination of awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only ZUMBA® brings to the dance-floor. Zumba® Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs.

Strong by Zumba® (60 minutes) Strong by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Come discover what you're really capable of!



La Porte County Family YMCA

La Porte Branch
901 Michigan Ave
La Porte IN, 46350
(219) 325-9622

Michigan City Branch
1202 Spring St., Door K
Michigan City, IN 46360
(219) 221-4055

Long Beach Branch
2501 Oriole Trail
Long Beach, IN 46360
(219) 879-1395

Andrew Ave. Outdoor Education
& Recreation Center
400 Andrew Ave.
La Porte, IN 46350

Childcare & Learning Center
2510 Monroe St.
La Porte, IN 46350
(219) 326-7646

Visit www.lpymca.org