

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		WEEKEND LINE-UP	
DAYTIME		DAYTIME		DAYTIME		DAYTIME		DAYTIME		SATURDAY	
5:05-6:05	LESMILLS BODYPUMP™ FS, Suzanne	5:05-6:00	MOi Cycle CS, Tricia	5:05-6:05	LESMILLS BODYPUMP™ FS, Suzanne	5:05-6:00	MOi Cycle CS, Tricia	5:05-6:05	LESMILLS BODYPUMP™ FS, Suzanne		
8:05-9:00	MOi Cycle CS, Kathy	5:05-6:00	Running Bootcamp (Intervals) Gym/Outside, Brad	8:05-8:35	MOi Cycle Boost (30 Min) CS, Dawn	5:05-6:00	Running Bootcamp (Endurance) Gym/Outside, Brad	5:05-6:05	BODYFLOW MBS, Traci	7:00-7:50	Powerflex FS, Debbie
8:15-9:15	ZUMBA ‡NG, Maria	8:15-9:15	LESMILLS BODYPUMP™ FS, Nancy	8:15-8:45	LESMILLS CXWORX™ MBS, Pam	8:15-9:15	LESMILLS BODYPUMP™ FS, Cathy	8:05-9:00	MOi Cycle CS, Dawn	8:15-9:15	LESMILLS BODYPUMP™ FS, Julie
8:15-9:15	Tone & Sculpt ‡FS, Andrea	8:15-9:15	BODYFLOW ‡,MBS, Dawn	8:15-9:15	Tone & Sculpt ‡,FS, Andrea	8:15-9:15	BODYFLOW MBS, Dawn	8:15-9:15	Tone & Sculpt ‡, FS, Pam	8:15-9:15	BODYFLOW ‡,MBS, Traci
9:05-9:35	LESMILLS CXWORX™ ‡, MBS, Julie	8:15-9:15	Hot Mamas ‡,WR/MP, Pam	8:15-9:15	ZUMBA ‡,NG, Maria	9:20-9:50	BODYFLOW FLEX ‡, MBS, Dawn	8:15-9:15	ZUMBA ‡,NG, Maria	9:30-10:30	ZUMBA ‡,FS, Maria
				8:50-9:20	BODYFLOW FLEX MBS, Pam						
LATE AFTERNOON & EVENING		LATE AFTERNOON & EVENING		LATE AFTERNOON & EVENING		LATE AFTERNOON & EVENING		LATE AFTERNOON & EVENING			
5:45-6:45	LESMILLS BODYPUMP™ FS, Julie	5:05-5:35	LESMILLS BODYPUMP™ EXPRESS ‡,FS, Julie	5:05-6:05	LESMILLS BODYPUMP™ FS, Dawn	5:15-6:15	BODYFLOW ‡,MBS, Pam	6:00-7:00	ZUMBA ‡,NG, Maria		
6:00-6:45	TRX*** MBS, Tricia	5:35-6:05	LESMILLS CXWORX™ EXPRESS ‡,FS, Julie	6:15-7:15	BODYFLOW ‡,MBS, Becky	5:50-6:40	Powerflex FS, Debbie				
7:00-7:50	ZUMBA Tone FS, Traci	5:50-6:40	Amp It Up Outside/Gym, Debbie	6:15-6:45	LESMILLS CXWORX™ ‡,FS, Traci	6:00-7:00	Kickboxing MA, Traci				
		6:00-6:45	Kickbox Bootcamp MA, Traci	7:00-8:00	ZUMBA ‡,FS, Traci	7:10-7:40	BODYFLOW FLEX ‡, MBS, Traci				
		7:00-8:00	BODYFLOW ‡,MBS, Traci								

Classes are subject to change. For current schedules, please visit www.watertownareaymca.org.

See reverse side for class descriptions and Silver Sneakers and AOA class times.

CLASS LOCATION CODES: SYMBOLS:

FS: Fitness Studio
 CS: Cycling Studio
 MBS: Mind Body Studio
 NG: North Gym
 CC: Cardio Center
 MA: Martial Arts
 MP: Multi-Purpose Room
 WR: Weight Room

*** Class with a fee.
 ‡ Perfect class if new to Group Exercise.

Classes are subject to change.
 For current schedules, please visit www.watertownareaymca.org.

SMART START: We love new people in our group fitness classes! To help you get acclimated to our classes we recommend the "Smart Start" process:

1. Come early so the instructor can help you set up.
2. Start with half the class.
3. Each time you attend, stay a little longer until you have completed the entire class.

This process helps you gradually get familiar with the class and helps to reduce injury. The process should take about 3-5 weeks.



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CLASS DESCRIPTIONS

Les Mills BODYFLOW: The Yoga, Tai Chi and Pilates workout that builds strength and flexibility and leaves you feeling centered and calm.

Les Mills BODYPUMP: The original barbell class that uses squats, presses, lifts and curls to challenge all your major muscle groups and energizing music to help you get great results.

Les Mills CXWORX: The 30-minute core class that trains stability, strength and rotational power from your shoulders to hips and everything in between.

LesMills BODYFLOW Flex: Only flexibility tracks. No standing strength or core.

B3: Use BOSU's, Bodyweight & (Kettle)Bells to build strength and power in 45 minutes.

Running Boot Camp: Running focused workout with body weight, conditioning, sprints, agility, plyometric drills and endurance runs. Held outside when the weather allows.

Cardio Blast: Get a great cardiovascular workout with friends using machines or outside.

Hot Mamas: Calling all moms who want to work as hard in the gym as they do at home. Get ready for some serious weight training.

Kickboxing: A high-intensity, impact, endurance workout using martial arts and boxing techniques. Gloves and punching bags are provided.

MOI Cycling: Your instructor will lead you on great ride with motivating music. This is a heart rate based program. A heart rate monitor is strongly recommended.

Powerflex: This is a high-intensity complete workout for all the major muscle groups using cardio and weight training intervals.

Tone & Sculpt: This non-impact workout uses a variety of tools to tone your entire body

ZUMBA: A fusion of Latin and International music and dance themes creating dynamic fitness class. ZUMBA Tone: Dance intertwined with toning moves. Join the party!

*****TRX Suspension Training®:** Leveraged bodyweight and rotation exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This class has a fee and follows the session dates. Please register and pay at the front desk or on-line by the Friday prior to the start of the session.

ACTIVE OLDER ADULTS

MONDAY	CLASS	LOCATION	INSTRUCTOR
9:30-10:30 am	AOA PiYO	MP 2nd Floor	Ariane
9:30-10:30 am	AOA Cardio Blast	CC 2nd Floor	Pam B.
9:30-10:30 am	Silver Sneakers Classic	FS 1st Floor	Andrea
TUESDAY	CLASS	LOCATION	INSTRUCTOR
9:30-10:30 am	AOA Weights	WR 2nd Floor	Rotation
WEDNESDAY	CLASS	LOCATION	INSTRUCTOR
9:30-10:30 am	AOA Circuits	NC 1st Floor	Andrea
9:30-10:30 am	Silver Sneakers Classic	FS 1st Floor	Rotation
THURSDAY	CLASS	LOCATION	INSTRUCTOR
9:30-10:30 am	Silver Sneakers Yoga	FS 1st Floor	Lea
FRIDAY	CLASS	LOCATION	INSTRUCTOR
9:30-10:30 am	AOA Cardio Blast	CC 2nd Floor	Pam B.
9:30-10:30 am	Silver Sneakers Classic	FS 1st Floor	Rotation

Silver Sneakers – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used in Silver Sneakers classes for seated exercises and standing support.

Active Older Adults (AOA) – Classes offer a longer warm-up and can be adapted to the level of intensity you choose.

CLASS LOCATION CODES:

FS: Fitness Studio **NC:** North Commons
CC: Cardio Center **WR:** Weight Room
MP: Multi-Purpose Room



FOR YOUTH DEVELOPMENT®
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 FOR SOCIAL RESPONSIBILITY

THERE'S STRENGTH IN NUMBERS

Member Group Exercise Schedule

Summer Session 2017

June 10 - August 19, 2017

(Revised: 06.01.17)



WATERTOWN AREA YMCA

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