



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

GROUP FITNESS CLASSES ARE INCLUDED WITH YOUR YMCA MEMBERSHIP  
YMCA OF NATRONA COUNTY 1611 CASPER MOUNTAIN RD. 82601 (p) 307-234-9187  
May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
P90X LIVE!*** Breyanna 5:00-5:40am	INSANITY**** Breyanna 5:00-6:00am	P90X LIVE!*** Breyanna 5:00-5:40am	INSANITY**** Breyanna 5:00-6:00am	P90X LIVE!*** Breyanna 5:00-5:40am	
Total Condition** Marilyn 5:45-6:45am	Core Strength** Katie 6:05-6:30am	Total Condition/Step** Marilyn 5:45-6:45am	Core Strength** Katie 6:05-6:30am	Walking Group* Marilyn 5:45-6:45am	
	HIIT & Lift**** Katie 6:30-7:15am		HIIT & Lift**** Katie 6:30-7:15am		
Shallow Water Exercise** 8:00-9:00am	Shallow Water Exercise** 8:00-9:00am	Shallow Water Exercise** 8:00-9:00am	Shallow Water Exercise** 8:00-9:00am	Shallow Water Exercise** 8:00-9:00am	
Deep Water Exercise** 9:00-10:00am	Water Exercise** 9:00-10:00am	Deep Water Exercise** 9:00-10:00am	Water Exercise** 9:00-10:00am	Deep Water Exercise** 9:00-10:00am	Group Cycling*** Mary 6:30-7:30am
Senior Cardio Fit** Linda 8:00-8:45AM	Fall Prevention Program* Neil 7:45-8:45am	Senior Cardio Fit** Linda 8:00-8:45am	Fall Prevention Program* Neil 7:45-8:45am	Senior Cardio Fit** Linda 8:00-8:45pm	Yoga* Marilyn 7:55-8:55am
Active Older Adults* Linda 9:00-9:45am	Fuel Dance**** Bailey 9:00-10:00am	Active Older Adults* Linda 9:00-9:45am	Fuel Dance**** Bailey 9:00-10:00am	Active Older Adults* Linda 9:00-9:45am	Nia Dance Fitness*** Kellie 9:00-10:10am
Downward Rebel Dance*** Beth 10:00-11:00am	BARRE above**** Rachel 10:00-11:00am	Abs 30** Linda 10:00-10:30am	Barre Intensity**** Beth 10:00-11:00am	Downward Rebel Dance*** Beth 10:00-11:00am	Bootcamp**** Katie 10:15-11:00am
Zumba AM** Jen 11:05-11:50am		Zumba AM** Jen 11:05-11:50am		Zumba AM** Jen 11:05-11:50am	
Group Cycling*** NaNá 12:10-12:50pm	Bootcamp**** Katie 12:00-12:45pm	Group Cycling*** NaNá 12:10-12:50pm	Bootcamp**** Katie 12:00-12:45pm	Group Cycling*** NaNá 12:10-12:50pm	Announcements
Viniyoga Therapy & Meditation** Sally 1:00-2:15pm					Shading denotes new class format/change of instructor/time
			Power Yoga*** Sara 4:30-5:30pm		Class descriptions located on the back of page
Burn & Build**** Bailey 5:30-6:30pm		Burn & Build**** Bailey 5:30-6:30pm			Intensity Level: *Low Intensity ****High Intensity
Water Exercise** 6:00-7:00pm	Bariatric Water Exercise* 6:00-7:00pm	Open Water Exercise** 6:00-7:00pm	Open Water Exercise** 6:00-7:00pm		*Please call ahead for Fall Prevention Program dates, as they may vary.
Zumba*** April 6:35-7:35pm	Yoga* 6:00-7:00pm Marilyn	Zumba*** April 6:35-7:35pm	Yoga* Marilyn 6:00-7:00pm	STRONG by Zumba**** April 6:35-7:35pm	Blue text denotes group aquatic classes. All aquatic classes are held in YMCA 15 <sup>th</sup> street pool building.
Barre Intensity**** Beth 7:45-8:45pm	POUND*** Sierra/Angel 7:30-8:15pm		POUND*** Sierra/Angel 7:30-8:15pm		No Zumba Classes May 27 <sup>th</sup> -31st

Questions/feedback contact Bailey Mason, Fitness Coordinator at [bmason@casperfamilyymca.org](mailto:bmason@casperfamilyymca.org) 307-234-9187

## Cardio:

**INSANITY:** INSANITY will push you to new training heights with this cardio based class. The group-exercise adaptation of this workout has been designed to give participants a safe, challenging, and results-driven experience.

**POUND:** Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with Yoga and Pilates inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

**Group Cycling:** Class is held on stationary indoor bikes for low-impact, high aerobic workout. Routines vary your intensity between bouts of high cardio sprints, muscle burning hill climbs, and short spurts of active recovery. Class may include a small segment of strength and conditioning. From beginners to advanced, this class is suitable for all!

## Dance:

**Downward Rebel Dance:** Cardio- This cardio/toning dance fitness class will get your heart pumping while cutting loose and have fun! The hour will fly by as you dance to hip-hop, pop, and a variety of other genres. You may hear members who frequent this class, refer to it as: "Death by Beth". You will surely leave re-energized from a full body workout

**Fuel Dance:** A combination of invigorating dance and traditional exercise (squats, lunges, planks, etc.), all in one energizing session. Set to a playlist that incorporates a variety of music genres including hip-hop, country, pop, rock, and more. Dance your way to fitness in this powerful class.

**Nia Dance Fitness:** Combination of dance, martial arts, and healing arts. Nia Dance is a holistic fitness practice that targets body, mind, and spirit. Get in touch with your inner strength as you dance it out in a fun and mindful class.

**Zumba AM:** This class brings all the fun and exciting traditional Zumba moves blended in with your old school aerobic exercises. Come grasp all that Zumba has to offer!

**Zumba:** Zumba is a fusion of Latin and International music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

## Mind and Body

**Power Yoga:** Build fire from within as you connect movement with breath. This vinyasa-style yoga class blends balance, strengthening, and flexibility into a dynamic flow of challenging yoga postures set to an energizing playlist. Perfect for first timers who are building proper alignment and also for advanced yogi's looking to take it to the next level.

**Viniyoga Therapy:** Viniyoga is breath centric. While moving with the breath, students stretch the body but also calm the mind. Classes may include seated breathing and meditation. On scale of 1-4 with 4 being most difficult, this class would be a 2.5 on average. Class will end pranayama and meditation.

**Yoga:** Non-impact class that focuses on mind and body. A traditional mindful yoga class that emphasizes flexibility, concentration, breathing and overall body control. Yoga is a great addition to any fitness routine.

## Low Impact:

**Active Older Adults:** Low-impact fitness, with strategic chair exercises. Class emphasis focuses on cardio and strength for overall functionality. Great beginner class for those just starting out, recovering from surgery, or golden agers.

**Senior Cardio Fit:** Great beginner cardio fitness. Although geared towards our active older adults population, this class can be great for those wanting to get their heart and lungs pumping without the high-impact movements of some of our higher intensity classes. Classes are geared towards basic cardio fundamental exercises with body conscious movements.

**Total Condition/Step:** Focus on building strength and stamina, start out your morning right. Wake up bright and early to join a class that offers variety for all fitness levels. Classes maintain a balanced focus between the importance of cardio and strengthening with overall body conditioning. Fridays - Total Condition class walks.

**Fall Prevention Program:** Our Fall Prevention Program is an instructor-led group class designed to help you improve your overall strength, balance, mobility, and gait through an evidence-based practice. Build your confidence and independence to sustain a safe future.

## Strength:

**Abs 30:** This 30 minute core-focused class will improve the strength of your mid-section in a minimal amount of time. Learn to train your core with targeting and toning tough areas like your lower abs and back. Strengthening your core can improve athletic performance, posture and balance, lowers the risk of injury, and reduces back pain.

**Barre above/Barre Intensity:** These popular classes combine attributes of Pilates, dance, and functional fitness training. Barre incorporates small, isolated movements to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body. This total body workout leaves you mentally strong and feeling accomplished. Upbeat instructors and music provide the fuel needed for not only an intense workout but a fun one as well!

**Bootcamp:** Focus on elevating heart rate while mixing in fundamental body training exercises. Moderate weight training is also incorporated to maximize muscle use. This class offers many variations and is welcome to all fitness levels.

**Burn & Build:** This dynamic class begins with an active warmup leading into circuit style training. Each circuit focuses on elevating the heart rate in a short cardio session, engaging all of the primary muscle groups in a moderate lifting portion, followed by a quick core workout. Class typically ends with a cooldown/stretch to release tension and help prevent muscle soreness.

**Core Strength:** Target your entire core including abdominals and back first thing in the morning with this quick and effective class.

**P90X LIVE!** Designed by the talented team at BeachBody, this LIVE class is designed for optimal success. A 30-minute power class that will target arms and legs having you walk out of the YMCA feeling ready to start your day. Each class is geared with a warm-up, focus section targeting arms/legs, and a cooldown to give you a full workout in a short amount of time.

**HIIT & Lift:** HIIT & Lift is designed around strength training but with a HIIT focus. High intensity interval training will give you the most out of your 30 minutes. You will walk away feeling strong and motivated!

**STRONG by Zumba:** This class is perfect for fitness enthusiasts and students looking for a more challenging, high intensity interval training workout. Still timed to music, the music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.

## Aquatics:

**Water Exercise:** With the variety of water exercise classes we have to offer there is sure to be a class suitable for everyone. Water exercise is a great low impact workout for all fitness levels that focuses on improving strength, balance, and flexibility.

## Other Programming:

**Fall Prevention Program:** Our Fall Prevention Program is an instructor-led group class designed to help you improve your overall strength, balance, mobility, and gait through an evidence-based practice