



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
November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
P90X LIVE!*** Breyanna 5:00-5:40am	INSANITY/Transform**** Breyanna/Mary 5:00-6:00am	P90X LIVE!*** Breyanna 5:00-5:40am	INSANITY/Transform**** Breyanna 5:00-6:00am	P90X LIVE!*** Breyanna/Mary 5:00-5:40am	
Total Condition** Marilyn 5:45-6:45am		Total Condition/Step** Marilyn 5:45-6:45am		Walking Group* Marilyn 5:45-6:45am	
					Group Cycling*** Mary 6:30-7:30am
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	
Senior Cardio Fit** Linda 8:00-8:45AM		Senior Cardio Fit** Linda 8:00-8:45am		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	Bootcamp**** Katie 9:00-9:45am
OULA** Rae 10:00-11:00am	Barre**** Rachel 10:00-11:00am	Abs 30** Linda 10:00-10:30am	Barre**** Rachel 10:00-11:00am	OULA** Rae 10:00-11:00am	
		POUND@*** Sierra 11:00am-12:00pm			
Group Cycling*** NaNá 12:10-12:50pm	Core & More** Bailey 12:15-12:45pm	Group Cycling*** NaNá 12:10-12:50pm	Core & More** Bailey 12:15-12:45pm	Group Cycling*** NaNá 12:10-12:50pm	Announcements
Viniyoga Therapy and Meditation* Sally 1:00-2:15pm	Fall Prevention Program* Neil 1:00-2:00pm	Generation POUND@** Shelby 4:15-4:45pm	Strength Training* Neil 1:00-2:00pm		Shading denotes new class format/change of instructor/time.
Burn & Build**** Burgandy 5:30-6:30pm		Burn & Build**** Burgandy 5:30-6:30pm			Class descriptions on back page.
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		All aquatic classes are held in YMCA 15 th street pool building.
Zumba*** Angel 6:30-7:30pm	Yoga* 6:00-7:00pm Marilyn	Zumba*** Angel 6:30-7:30pm	Yoga* Marilyn 6:00-7:00pm		Youth fitness classes printed in purple.
	POUND@*** Angel/Sierra 7:30-8:15pm		POUND@*** Angel/Sierra 7:30-8:15pm		Intensity Level: *Low Intensity ****High Intensity

Cardio:

INSANITY/Tansform: This mashup of two class formats will push you to a new training height! Your traditional Insanity session along with the addition of a step, will ramp up your calorie burn with high-intensity cardio-conditioning! This is not your traditional step-aerobics but class: it can be done with or without a step and also has several progressions and regressions for all fitness levels.

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 and new friendships in this powerful class.

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.

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.

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: This popular class combines 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 & More: If your goal is toning your mid-section, this class is for you! Core & More will focus on abdominal and lower back exercises while incorporating some upper body and lower body strength training. A fast and effective workout that can be done over lunch hour.

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.

Mind and Body

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.

Group Aquatic Classes:

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. This class is designed for those who are 65 and above or those who are 45 and above with a chronic condition.

Viniyoga Therapy and Meditation: Sally's Viniyoga Therapy Class is breath centric. The goals of Viniyoga are to improve posture, structural stability, range of motion, strengthen weak muscles, release chronic contraction and balance muscular asymmetry. Students will have the chance to become more aware of healthy movement patterns. Students will experience seated breathing and meditation at the end of class.

Strength Training: This class that will share weekly common themes with Viniyoga. Class will focus on fall prevention, improved balance, mobility and flexibility through exercise that will give your body the strength and longevity you desire. You can expect a low impact class that will create a large impact on your overall health.

Youth Fitness Classes:

Generation POUND@: Much like traditional POUND@, GENERATION POUND@ is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills.
AGES & STAGES: Perfect for "Rock stars in Training" ages 6-12.