



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE FALL 2021

GROUP FITNESS CLASSES ARE INCLUDED WITH YOUR YMCA MEMBERSHIP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lift Rx*** Mary 5:05-6:00am	HIIT Strength*** Breyanna 5:05-6:00am	Lift Rx*** Breyanna 5:05-6:00am	HIIT Strength*** Mary 5:05-6:00am	Lift Rx*** Breyanna 5:05-6:00am	
Active & Ageless* Marilyn 6:15-7:00am	Cycle & Strength**** Mary O 6:00-7:00am	Active & Ageless* Marilyn 6:15-7:00am	Cycle & Strength**** Mary O 6:00-7:00am	Active & Ageless Walking Group* Marilyn 6:00-7:00am	
Aqua Fit*** Mary 8:00-9:00am		Aqua Fit*** Mary 8:00-9:00am		Aqua Fit*** Mary 8:00-9:00am	Yoga** Marilyn 7:30-8:30am
Active Older Adults Cardio* Linda 8:45-9:00am		Active Older Adults Cardio* Linda 8:45-9:00am		Active Older Adults Cardio* Linda 8:45-9:00am	Cycle & Strength**** Mary O 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	Fuel Dance**** Bailey 9:00-10:00am	Active Older Adults* Linda 9:00-9:45am	RIP Rx*** Mary O 10:15-11:15am
Deep Water Exercise** Jessica 9:00-10:00am		Deep Water Exercise** Jessica 9:00-10:00am		Deep Water Exercise** Jessica 9:00-10:00am	
Barre**** Beth 9:00-10:00am		Barre**** Beth 9:00-10:00am		Barre**** Beth 9:00-10:00am	
Rebel Dance**** Beth 10:10-11:10		Rebel Dance**** Beth 10:10-11:10		Yoga** Beth 10:10-11:10am	
Strength Train Together*** Bailey 11:00am-12:00pm				Strength Train Together*** Bailey 11:00am-12:00pm	*Low Intensity ****High Intensity
Group Cycling*** Tanis 12:10-12:50pm	RIP Rx*** Mary O 12:00-1:00pm	Group Cycling*** Tanis 12:10-12:50pm	RIP Rx*** Mary O 12:00-1:00pm	Group Cycling*** Tanis 12:10-12:50pm	Class sizes are limited. Reserve your spot up to 48 hours in advance at casperyma.org
	Barre*** Rachel 4:30-5:30pm				White classes are held in the Jane Wold group fitness studio
Burn and Build*** Lane 5:30-6:30pm	Yoga** Marilyn 6:00-7:00pm	Burn and Build*** Lane 5:30-6:30pm	Yoga** Marilyn 6:00-7:00pm		Purple classes are held in Bill Daniels Fieldhouse.
Aqua HIIT** Mary 6:00-7:00pm	Aqua Power Hour** Mary 6:00-7:00pm	Aqua HIIT** Mary 6:00-7:00pm	Aqua Power Hour** Mary 6:00-7:00pm		Group Aquatics located in 15 th Street Facility
Zumba@*** Angel 6:35-7:35pm	POUND@*** Angel 7:30-8:15pm	Zumba@*** Angel 6:35-7:35pm	POUND@*** Angel 7:30-8:15pm		

*SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE. FIND OUR MOST CURRENT SCHEDULE AND MAKE CLASS RESERVATIONS AT CASPERYMCA.ORG
YMCA OF NATRONA COUNTY | 1611 CASPER MOUNTAIN RD, CASPER, WY 82601 (P) 307-234-9187
For questions please contact Lane Meyers, Healthy Living Coordinator at lmeyers@casperfamilyymca.org

Cardio

HIIT Strength: HIIT 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!

Cycle and Strength: Cycle & strength provides intense cardiovascular training on the bike, plus off the bike resistance work, to create a stronger, more balanced body.

Dance

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.

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

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 adult's 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.

Active and Ageless: 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

Burn and Build: This dynamic class begins with an active warmup leading into circuit style training. Get your muscles firing with a moderate lifting portion with dumbbells, barbells, or bodyweight. Sweat out that last bit of stress with an intense cardio portion that will tone those muscles. Class typically ends with a cooldown/stretch to release tension and help prevent muscle soreness.

Barre: 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!

Lift Rx: Designed by the talented team at BeachBody, this LIVE class is designed for optimal success. A 55-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.

Strength Train Together: Strength Train Together maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and bodyweight. This workout features a variety of moves, including squats, lunges, curls and presses and covers upper body, lower body and core. Add motivational music, and it is simply the most fun you'll have strength training. It's an ideal workout for both beginners and advanced exercisers looking for a strength workout as you select how much weight to use. Strength Train Together is developed with a periodized approach to ensure you are constantly changing your workout and challenging your body to get great results.

Rip Rx: RIP is a 60-minute barbell program for able-bodied men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level. This is the perfect tool for instructors looking to breathe life back into their barbell classes.

Aquatics:

Aqua fit: 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.

Deep 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.

Aqua HIIT: This 60 minute aqua HIIT class is sure to get your heart pumping and muscles working! Class will consist of mixed cardio and strength. Water weights and other equipment may be utilized.