



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Schedule Fall 2022

Group fitness classes are included with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lift Rx*** Mary J 5:05-6:00am	HIIT Strength*** Breyanna 5:05-6:00am	Lift Rx*** Breyanna 5:05-6:00am	HIIT Strength*** Mary J 5:05-6:00am	Lift Rx*** Breyanna 5:05-6:00am	
Active & Ageless* Marilyn 6:15-7:00am	Cycle & Strength**** Mary O 6:05-7:00am	Active & Ageless* Marilyn 6:15-7:00am	Cycle & Strength**** Mary O 6:05-7:00am	Active & Ageless Walking Group* Marilyn 6:00-7:00am	
Aqua Fit** Mary J 8:00-9:00am		Aqua Fit** Mary J 8:00-9:00am		Aqua Fit** Mary J 8:00-9:00am	Restorative Yoga** Marilyn 7:30-8:30am
Active Older Adults* Kim 9:00-10:00am		Active Older Adults* Kim 9:00-10:00am		Active Older Adults* Kim 9:00-10:00am	Cycle & Strength**** Mary O 9:00-10:00am
Deep Water Exercise** Jessica 9:00-10:00am	Water Up!** Janelle 9:00-10:00am	Deep Water Exercise** Jessica 9:00-10:00am	Water Up!** Janelle 9:00-10:00am	Deep Water Exercise** Jessica 9:00-10:00am	RIP Rx**** Mary O 10:15-11:15am
Vinyasa Yoga** Delina 9:00-10:00am	Fuel Dance*** Allison 9:00-10:00am	Vinyasa Yoga** Delina 9:00-10:00am	Fuel Dance*** Allison 9:00-10:00am	Vinyasa Yoga** Delina 9:00-10:00am	Generation Pound* Katie 12:00-12:45pm
Pound*** Katie 10:10-11:10am	HIGH Fitness**** Ailina 10:10-11:00am	Pound*** Katie 10:10-11:10am	HIGH Fitness**** Ailina 10:10-11:00am	Pound*** Katie 10:10-11:10am	
RIP Rx**** Amanda 11:00am-12:00pm		RIP Rx**** Amanda 11:00am-12:00pm		RIP Rx**** Amanda 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		Group Cycling*** Tanis 12:10-12:50pm	Class sizes are limited. Reserve your spot up to 48 hours in advance at casperymca.org
Generation Pound* Shelby 4:15-5:00pm	Viniyoga* Sally 1:30-2:30pm (Begins 10/4)				
Power Yoga *** Sarah O 4:30-5:30	Barre** Rachel 4:30-5:30pm	Power Yoga *** Sarah O 4:30-5:30			White classes held in Jane Wold group fitness studio
Burn and Build**** Allison 5:30-6:30pm	Restorative Yoga** Marilyn 6:00-7:00pm	Burn and Build**** Allison 5:30-6:30pm	Restorative Yoga** Marilyn 6:00-7:00pm	Burn and Build**** Allison 5:30-6:30pm	Purple classes held in Bill Daniels Fieldhouse.
Aqua Fit** Mary J 6:00-7:00pm	Aqua Fit** Mary J 6:00-7:00pm	Aqua Fit** Mary J 6:00-7:00pm	Aqua Fit** Mary J 6:00-7:00pm		Blue classes are held in the pool.
Zumba@*** Angel 6:35-7:35pm	POUND@*** Angel 7:30-8:15pm	Zumba@*** Angel 6:35-7:35pm	POUND@*** Angel 7:30-8:15pm	Zumba@*** Instructor Varies 6:35-7:35pm	Green classes held in Orr Family Community Room
Barre*** Beth 7:45-8:45pm					Orange classes held in Kelley Foundation Fitness Zone

\*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 ROAD | 307-234-9187

## CARDIO

**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.

**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!

**HIGH Fitness:** HIGH Fitness brings aerobics back in a hip and unique way, and you will love this group fitness revival. HIGH takes Old School Aerobics and transforms it into a modern, heart pounding, fun, and effective workout. Classes are fun, easy to follow, and choreographed to set you up for success.

**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.

## DANCE

**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 & BODY

**Power Yoga:** Explore the postures and principles of Vinyasa yoga in an invigorating full-body flow. Set to music and designed to work every muscle while focusing on breath control for an all-encompassing workout.

**Restorative Yoga:** Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

**Viniyoga:** Viniyoga is a comprehensive and authentic transmission of the teachings of yoga including *āsana*, *prāṇāyāma*, *bandha*, sound, chanting, meditation, personal ritual and study of texts. Viniyoga (prefixes *vi* and *ni* plus yoga) is an ancient Sanskrit term that implies differentiation, adaptation, and appropriate application.

**Vinyasa Yoga:** Stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga. Vinyasa classes offer a variety of postures and no two classes are ever alike.

## ACTIVE OLDER ADULTS

**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.

**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.

## STRENGTH

**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.

**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.

**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.

**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.

## YOUTH

**Generation Pound®:** Intended for school aged children 6-12 years old. Generation POUND® was created not just as a workout geared towards kids, but a MOVEMENT that aims to change the concept of health and fitness for today's youth. Get ready to make fitness about self-expression, empowerment, self-love and FUN! How? By introducing alternative ways to, MOVE, ROCK, PLAY and MAKE NOISE!

## AQUA FITNESS

**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.

**Water Up!:** Enjoy the low impact benefits that aquatic exercise can offer anyone at any fitness level in the deep and shallow end! Get your heart rate grooving to fun music and achieve personal goals such as: toning practically every muscle in the body, weight loss, and even relaxation!