



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Winter 2023 Group Fitness Schedule\*

(Group fitness classes are included with membership)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lift Rx*** Mary J 5:05-6:00am	HIIT Strength*** Mary J 5:05-6:00am	Lift Rx*** Mary J 5:05-6:00am	HIIT Strength*** Mary J 5:05-6:00am	Lift Rx*** Mary J 5:05-6:00am	
		HIIT 2 Fit**** Sarah L 6:00-7:00am			
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	Restorative Yoga** Marilyn 7:30-8:30am
Aqua Fit** Mary J 8:00-9:00am		Aqua Fit** Mary J 8:00-9:00am		Aqua Fit** Mary J 8:00-9:00am	HIIT 2 Fit**** Sarah L 8:05-9:00am
Active Older Adults* Kim 9:00-10:00am		Active Older Adults* Katie 9:00-10:00am		Active Older Adults* Sarah L 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*** Allie 9:05-10:05am	Vinyasa Yoga** Delina 9:00-10:00am	Fuel Dance*** Allie 9:05-10:05am	Vinyasa Yoga** Delina 9:00-10:00am	Generation POUND@* Katie 12:00-12:45pm
Pound** Katie 10:10-10:55am	HIGH fitness*** Ailina 10:10-11:00am	Pound** Katie 10:10-10:55am	HIGH fitness*** Ailina 10:10-11:00am	Pound** Katie 10:10-10:55am	
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 12:15-12:50pm	RIP Rx*** Mary O 12:00-1:00pm	Group Cycling*** Tanis 12:15-12:50pm		Group Cycling*** Tanis 12:15-12:50pm	. Reserve your spot up to 48 hours in advance at casperymca.org
Generation POUND@* Shelby 4:30-5:15pm				HIIT 2 Fit**** Sarah L 12:00-12:50pm	
Power Yoga *** Sarah O 4:30-5:30pm	Barre*** Rachel 4:30-5:30pm	Power Yoga *** Sarah O 4:30-5:30pm			White classes held in Jane Wold Group Fitness Studio
Burn and Build**** Allie 5:30-6:30pm	Restorative Yoga** Marilyn 6:00-7:00pm	Burn and Build**** Allie 5:30-6:30pm	Restorative Yoga** Marilyn 6:00-7:00pm	Burn and Build**** Allie 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 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@*** Allie, Angel or Kristin 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  
MEMBERS WITH A CLASS RESERVATION RECEIVE AN EMAIL NOTICE IN THE EVENT OF CLASS CANCELLATION  
FIND OUR MOST CURRENT SCHEDULE @ 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:** Cycle on a stationary, indoor bike for a low-impact, high aerobic workout. The intensity varies 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®, 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, light weights) 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 workout that 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.

**Vinyasa Yoga:** Flowing postures string together using breath to move seamlessly from one to another. Vinyasa classes offer a variety of postures; no two classes are ever alike.

## **YOUTH**

**Generation POUND®:** Generation POUND® is a MOVEMENT that aims to change the concept of health and fitness for today's **youth ages 6-12**. Get ready to make fitness about self-expression, empowerment, self-love and FUN by introducing alternative ways to, MOVE, ROCK, PLAY and MAKE NOISE!

## **ACTIVE OLDER ADULTS**

**Active and Ageless:** 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:** Walking Group

**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:** Barre combines the attributes of Pilates, dance, and functional fitness training by incorporating 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.

**HIIT 2 Fit:** This fast-paced class combines strength training, plyometrics and cardio while moving through different stations with little rest in between each station. This class will increase muscle strength, endurance, flexibility and coordination. Get ready to feel the burn!

**Lift Rx by Beachbody®:** This LIVE power class is designed for optimal success. Each class begins 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 barbell program for able-bodied people of all ages and all fitness levels. This full-body workout matches movement to music using traditional strength training.

## **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!

**Childwatch:** \$24 monthly fee for drop-in care (add on to Household membership only)  
Ages 6 weeks to 9 years  
Parent/guardian must remain in facility  
M-F 8am-12:30pm & 4-8pm  
Sat 8am-12:30pm