



# YMCA OF MOUNT VERNON

## Adult Fitness Schedule

Updated 1/27/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5am- 6:30am Open Tabata Circuit Jesse	5:30am Indoor Cycling Jesse	5-6:30am Open Tabata Circuit Jesse	7-7:30am Tabata Circuit Jesse
9:00am- 9:40am High Impact Heatherlyn	9am-10am Fluid Strength	9:00am- 9:40am High Impact Heatherlyn	9am-10am Fluid Strength	9:00am- 9:40am High Impact Heatherlyn	9am- 10am Zumba Mari
9:40am-10:35am Splash Aerobics		9:40am-10:35am Splash Aerobics		9:40am-10:35am Splash Aerobics	
9:10am-10am Circuit Amy	9:15am-10am Body Blast Kerra	9:10am-10am Bodysculpting Amy	9:15am-10am Body Blast Kerra	9:10am-10am Circuit Amy	10:15am-11am Grit & Grind April
10:10am-11am Silver Sneakers Classic Mary Jo	10am-11am Zumba Amber	10:10am-11am Silver Sneakers Classic Mary Jo	10am-11am Zumba Amber	10:10am-11am Silver Sneakers Circuit Mary Jo	
11am- 11:30am Stretching Camille	11am-12pm Strength & Balance Amy	12:10pm-1pm Indoor Cycling Tressa	11am-12pm Strength & Balance Amy	11:10am-12pm Silver Sneakers Yoga Camille	
12:10pm-1pm Indoor Cycling Sarah			1pm- Beginner Tai Chi 2pm- Advanced Tai Chi AJ	12:10pm-1pm Indoor Cycling Tressa	
4:30pm-5:30pm Barre Amy		4:30pm-5:30pm Barre Amy	4:30pm-5:30pm Tabata Annette	4:30pm-5:30pm Zumba & STRONG by Zumba Amy	
5:30pm-6:30pm Tabata Annette	5pm- 6pm Kickboxing/Toning Annette	5:30pm-6:30pm Yoga Elizabeth	5:30pm-6pm Core Julie		
6:30pm-7:30pm Zumba Mari	6pm-6:45pm Bootcamp Emi	6:30pm-7:30pm Zumba Mari	6pm-7pm Yoga Andi		
	7pm- 8pm STRONG by Zumba Amy		7pm- 8pm STRONG by Zumba Amy		

Stop by the Front Desk to sign up for YMCA of Mount Vernon Knox Alerts- Group Fitness to be notified of any class cancellation.

[See Reverse side for Class Descriptions](#)



**HIGH IMPACT WATER AEROBICS:** This is a Moderate to High cardio workout in the water which will increase your heart rate, strengthen your muscles, utilizing the water as a resister in order to define & improve physical endurance. (Warm up on own for first 10 minutes)

**CIRCUIT TRAINING:** Alternating stations of cardio & strength training allow you to get a total body workout & work at your own level.

**BARRE:** Barre combines ballet based movements and positions with those drawn from yoga and pilates. In addition to the barre other equipment is often used. Barre classes typically focus on small, pulsing movements with emphasis on form, alignment and core engagement. This Barre class incorporates many different exercises and works on strength, balance and flexibility to enhance functional movement.

**BODY BLAST:** A cardio charged workout that is high energy and motivating! This is a high intensity interval training class that incorporates challenging cardio segments, resistance training, and intense core work using diverse fitness equipment to blast your body into shape fast.

**BODY SCULPTING:** A 45 minute total body workout combining cardio and strength training. Body sculpting will get your heart rate up to help you burn fat and calories.

**BOOTCAMP:** A 45 minute high intensity workout with a combination of strength and cardio using dumbbells, kettlebells, ropes, medicine balls and bodyweight. This workout is sure to get your heart rate up! Ideal for gaining muscle and losing fat.

**CORE:** 30 minutes of concentrated abdominal and back work, focusing on the core for strength and stability.

**CYCLING:** A 45 minute challenge for the body. Enhance your cardiovascular system and define your body through aerobic and anaerobic rides.

**FLUID STRENGTH:** This is a Moderate to High cardio workout in the water. This is a deep water aerobic workout utilizing the water as a resister to strengthen your heart, muscles & define & improve physical endurance.

**GRIT & GRIND:** 60 minutes of resistance cardio through the use of dumbbells, barbells, kettlebells and bodyweight with a focus on full body, functional movement.

**KICKBOXING:** A fun workout combining non-impact kickboxing elements such as blocks, jabs, and kicks in heart-pumping cardio combinations. Strength training will also be added to this class to give you that total-body workout, allowing you to burn fat and calories and tone muscles. This workout can be modified to accommodate all fitness levels.

**SPLASH:** This is a Moderate cardio workout in the water which will help strengthen your heart, muscles, as well as define and improve physical endurance. This is a great way to increase resistance with low impact on joints.

**SILVER SNEAKERS:** This program is designed to provide a fun and challenging way for you to continue the lifelong journey of holistic health. The program is easily personalized to address multiple fitness levels and differences in health needs. A variety of equipment and techniques will be used in this program. Chairs will be used for some of the exercises and will be available to you as necessary to work toward improved strength and endurance. If you use a wheelchair, you will find this program adaptable to your specific needs.

**STRENGTH & BALANCE:** Strength and Balance is a class where we focus on strengthening and enhancing our balance abilities.

**TABATA:** Tabata Bootcamp is High Intensity Interval Training (HIIT) using the 20-10 Microburst Training Protocol (20 seconds work, 10 seconds rest). Workouts are short in duration and designed to boost post exercise calorie burn so your metabolism keeps burning more calories long after the exercise is over. Participate in Tabata workouts that will result in true, successful weight loss and muscle gain.

**TAI CHI:** Tai Chi is an internal art focusing on mind, body and spirit. It is a gentle exercise, often referred to as moving meditation. There are many scientifically documented health benefits, and through regular practice, one can improve mental focus, and reduce the effects of stress, strengthen internal muscles, improve balance and breathing, and cultivate an overall healthier approach to daily life.

**ZUMBA®:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

**YOGA:** (Vinyasa Flow) In this class you will develop a deeper mind-body connection growing both inner and outer strength and increased flexibility. Suitable for all levels- expect a challenge or two each class and leave feeling rejuvenated and empowered.