



# YMCA OF MOUNT VERNON GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5am- 5:45am Boot Camp Jesse	5am- 5:45am Boot Camp Jesse	5am- 5:45am Boot Camp Jesse	7am- 7:45am Boot Camp Jesse
9am- 9:50am Body Sculpting Amy	9am- 9:50am Body Blast Kerra	9am- 9:50am Body Sculpting Amy	9am- 9:50am Body Blast Kerra	9am- 9:50am Body Sculpting Amy	9am- 10am Zumba Mari
10:10am- 11am Silver Sneakers Aerobics Mary Jo	10am- 11am Zumba Amber	10:10am- 11am Silver Sneakers Aerobics Mary Jo	10am- 11am Zumba Amber	10:10am- 11am Silver Sneakers Yoga Camille	10:30am- 11:30am Grit & Grind Matia
4:30pm- 5:15pm Dance HIIT Amy	5pm- 6pm Kickboxing Annette		4:30pm- 5:30pm Tabata Annette		
5:30pm- 6:30pm Tabata Annette			5:35pm- 6:20pm Dance HIIT Amy	6pm- 7pm Zumba ZOOM Mari	
6:30pm- 7:30pm Zumba ZOOM Mari		6:30pm- 7:30pm Zumba Mari	6:30pm- 7:15pm Yoga Andi		

**\*Classes highlighted in yellow will continue to be held virtually through ZOOM until noted otherwise.**

**BARRE:** Combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Some of the Barre classes incorporate a ballet barre. In this Barre class we work the entire body by performing functional exercises. Sometimes in Barre we focus on high rep/low weights and sometimes we focus on low rep/heavy weights. In Barre we always focus on posture and increasing balance. All Barre exercises can be modified to make them less or more challenging, therefore this class is recommended for all fitness levels.

**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 help you increase strength and endurance and 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.

**Dance HIIT** is a combination of fun dance moves and HIIT (High-Intensity Interval Training). HIIT workouts are FABULOUS because they're designed to burn fat, build muscle, and enhance overall fitness performance. Research shows dancing can improve your mental health by boosting your overall happiness, improve cardiovascular health, increase stamina, and strengthen bones and muscles. Dancing has also been proven to increase brain function, boost spatial memory and improve cerebral health.

**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.

**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.

**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.

**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.

**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.

**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.