



YMCA OF MOUNT VERNON GROUP FITNESS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|------------------------------------|---|------------------------------------|---|--|
| 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 |
| 9am- 9:45am Water Aerobics | 9am- 9:45am Water Aerobics | 9am- 9:45am Water Aerobics | 9am- 9:45am Water Aerobics | 9am- 9:45am Water Aerobics | |
| 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 Aerobics Mary Jo | 10:15am- 11am Grit and Grind Matia |
| | | | | 11:10am- 12pm Silver Sneakers Yoga Camille | |
| 5:15pm- 6pm Water Aerobics Nicole | | 5pm- 5:45pm Water Aerobics Nicole | | | |
| 5:30pm- 6pm Tabata Annette | 5pm- 6pm Kickboxing Annette | 4:45pm- 5:45pm Lower Body Burn Chassidy | 4:30pm- 5pm Tabata Annette | | |
| 6pm- 6:30pm PiYo Annette | | | 5pm- 5:30pm PiYo Annette | | |
| 6:30pm- 7:30pm Zumba Mari | | 6:30pm- 7:30pm Zumba Mari | 6:45pm- 7:30pm Yoga Andi | | |

- **Classes highlighted in blue are in the pool!**
- **All group fitness classes are for anyone ages 14 and over. 12 and 13 year olds may attend classes with a parent.**
- **Sign up for Knox Alerts to be notified of any class changes or cancellations.**

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.

LOWER BODY BURN: This 60 minute workout is low impact and focuses mainly on the lower body muscles in your legs and glutes with a little added core and cardio and a grand finale at the end! This class is great for all levels, with many modifications to tone and strengthen using not only your own bodyweight, but also a variety of fitness equipment!

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 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.