



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Knox County Family YMCA Group Exercise/ Activities Schedule

Classes/Activities are held in the Wellness Studio and McBride Gym(*).

Effective 01/06/2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|
| GRIT® 6:00-6:30am Kiersty | | | | | |
| Silver Sneakers® Classic* 8:00-8:50am Doug | Enhance®Fitness* 8:00-8:50am Doug | Silver Sneakers® Classic* 8:00-8:50am Sheila | Enhance®Fitness* 8:00-8:50am Doug | Silver Sneakers® Classic* 8:00-8:50am Doug | BODYPUMP® 8:00-9:00am Sheila |
| | Spartacus 8:30-9:20am Joan | | Spartacus 8:30-9:20am Joan | | |
| Pickleball* 9:00-11:00am | Pickleball* 9:00-11:00am | Pickleball* 9:00-11:00am | Pickleball* 9:00-11:00am | Pickleball* 9:00-11:00am | |
| Zumba® 9:00-10:00am Susie | Yoga 9:30-10:30am Michele | Zumba® 9:00-10:00am Susie | Yoga 9:30-10:30am Roxie | BODYPUMP® Express 9:15-10:00am Tiffany | |
| BODYCOMBAT® 10:05-11:05am Mary | | | | BODYFLOW® 10:15-11:15am Mary | |
| BODYPUMP® Express 5:00-5:45pm Trisha | GRIT® 4:45-5:15pm Kiersty | BODYPUMP® 5:30-6:30pm Sheila | BODYPUMP® 4:30-5:30pm Mary | | |
| BODYCOMBAT® 6:00-7:00pm Trisha | CX WORX® 5:30-6:00pm Mary | | BODYCOMBAT® 5:45-6:30pm Mary | | |
| Pickleball* 7:30-9:00pm | BODYFLOW® Flexibility Express 6:05-6:50pm Mary | Pickleball* 7:30-9:00pm | | | |

Downtown Galesburg YMCA Group Exercise Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|--------------------------------------|----------|-------------------------------------|
| | Instructor Choice 6:00-6:30am Kiersty | Insanity® 6:00-6:30am Kiersty | | RPM® 5:45-6:30am Danny | | |
| Step & Strength 9:00-10:00am Roxie | | Step & Strength 9:00-10:00am Roxie | | | | |
| Pilates 10:15-11:00am Michele | | Pilates 10:15-11:00am Roxie | | | | |
| Kickboxing 12:15-1:00pm Tiffany | RPM® 12:15-1:00pm Sheila | Mindful Meditation 12:15-1:00pm Deb | RPM® 12:15-1:00pm Danny | RPM® 12:15-1:00pm April | | RPM® 1:00-1:45pm April |
| Yoga 5:30-6:30pm Roxie/Michele | | RPM® 5:30-6:15pm Darla | | | | |
| RPM® 5:45-6:30pm Darla | Zumba® 5:30-6:30pm Heather | Zumba® 5:30-6:30pm Gwen | Zumba® 5:30-6:30pm Heather | | | |

Suggested variety of workouts should include a class from each discipline weekly:
Red: Cardio **Purple: Strength/Toning** **Blue: Cardio/Toning** **Green: Mind/Body**
 Please view our Childwatch hours at knoxyymca.org!

CLASS/ACTIVITIES DESCRIPTIONS

| | |
|--------------------------|--|
| Enhance@Fitness | Upper and lower body weight exercises are alternated with non-impact aerobics combined with a |
| Insanity® | A revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. Push yourself to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. |
| Kickboxing | A high energy class which combines muscle conditioning with punches and kicks in a variety of drills and exercises. |
| Les Mills BODYCOMBAT® | Cardio workout inspired by a wide array of martial art disciplines. Strike, punch, kick and kata your way to superior cardio fitness. |
| Les Mills BODYFLOW® | A motivating blend of Yoga with Tai Chi and Pilates; controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings your body into a state of harmony and balance. |
| Les Mills BODYPUMP® | Fun, energizing barbell program that will improve general fitness, as well as shape and tone muscles. |
| Les Mills CX WORX® | This program is the ultimate way to develop a tight and toned core. Dynamic training that targets your abs, glutes, back, obliques and "slings" connecting the upper and lower body. |
| Les Mills GRIT® | Using simple compound movements, H.I.I.T. and Tabata are used with preset work and recovery intervals. This allows power training to hit top end training zones. |
| Les Mills RPM® | Series of simulated climbs and sprints on a stationary bike set to the rhythm of motivating music. This creates a workout where you control the intensity. Burns plenty of calories, gets you fit! |
| Mindful Meditation | Explore the benefits of slowing down by attending this class. We will practice 15 minutes of gentle yoga followed by 30 minutes of guided meditation. |
| Pickleball | In a pickle for a new workout? Come try Pickleball; a racquet sport that combines elements of badminton, tennis and table tennis. |
| Pilates | Targets deep postural muscles within the body through a series of exercises aimed at building muscle, strength and rebalancing the body. Will stretch, strengthen and balance the body. |
| Silver Sneakers® Classic | Move to music through a variety of exercises using handheld weights, elastic tubing with handles and a ball. Chair is used for seated and/or standing support. |
| Spartacus | This high-intensity circuit routine can strip away fat, define every muscle in your body, and send your fitness levels soaring. |
| Step & Strength | Fun, high energy class that combines step aerobics and effective strength exercises. |
| Yoga | Method of learning that combines posture, breathing and focus to promote strength, flexibility, stamina, balance and deep relaxation of the mind and body. |
| Yogalates | Combine the health and wellness benefits of yoga and pilates during this great class. |
| Zumba® | Fun Latin rhythms and easy to follow moves will tone, sculpt and melt away stress while leaving you feeling energized. |

