



## Knox County Family YMCA Group Exercise/ Activities Schedule

Effective 1/15/2021

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GRIT®</b> 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 Doug	Enhance®Fitness 8:00-8:50am Doug	Silver Sneakers® Classic 8:00-8:50am Doug	<b>BODYPUMP®</b> 8:00-9:00am Sheila
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	
<b>Zumba®</b> 9:00-10:00am Susie	Yoga 9:30-10:30am Michele	<b>Zumba®</b> 9:00-10:00am Susie	Yoga 9:30-10:30am Roxie	<b>BODYPUMP®</b> Express 9:15-10:00am Tiffany	
		<b>BODYCOMBAT®</b> 10:15-11:15am Gianina			
			<b>BODYPUMP®</b> Express 4:30-5:15pm Trisha		
<b>BODYPUMP®</b> Express 5:00-5:45pm Trisha		<b>BODYPUMP®</b> 5:30-6:30pm Sheila	<b>BODYCOMBAT®</b> 5:30-6:30pm Trisha		
<b>BODYCOMBAT®</b> 6:00-7:00pm Trisha			Yoga 6:45-7:45pm Taylor		
Pickleball* 7:30-9:00pm		Pickleball* 7:30-9:00pm			

## Downtown Galesburg YMCA Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>RPM®</b> 5:45-6:30am Sheila	Instructor Choice 6:00-6:30am Kiersty	<b>Insanity®</b> 6:00-6:30am Kiersty				
Step & Strength 9:00-10:00am Roxie	Spartacus 8:30-9:20am Joan	Step & Strength 9:00-10:00am Roxie	Spartacus 8:30-9:20am Joan			
Pilates 10:15-11:00am Michele		Pilates 10:15-11:00am Roxie				
	<b>RPM®</b> 12:15-1:00pm April		<b>RPM®</b> 12:15-1:00pm Danny	<b>RPM®</b> 12:15-1:00pm April		<b>RPM®</b> 1:00-1:45pm April
<b>RPM®</b> 5:30-6:15pm Darla	<b>Zumba®</b> 5:30-6:30pm Heather	<b>Zumba®</b> 5:30-6:30pm Gwen	<b>Zumba®</b> 5:30-6:30pm Heather			
			<b>RPM® Express</b> 6:45-7:15pm Darla			

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](http://knoxyymca.org)!

## CLASS/ACTIVITIES DESCRIPTIONS

<b>Enhance@Fitness</b>	Upper and lower body weight exercises are alternated with non-impact aerobics combined with a standing circuit workout. A chair is offered for support, stretching and relaxation.
<b>Insanity@</b>	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.
<b>Les Mills BODY-COMBAT@</b>	Cardio workout inspired by a wide array of martial art disciplines. Strike, punch, kick and kata your way to superior cardio fitness.
<b>Les Mills BODYPUMP@</b>	Fun, energizing barbell program that will improve general fitness, as well as shape
<b>Les Mills GRIT@</b>	Using simple compound movements, H.I.I.T. and Tabata are used with preset work
<b>Les Mills RPM@</b>	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!
<b>Pickleball</b>	In a pickle for a new workout? Come try Pickleball; a racquet sport that combines
<b>Pilates</b>	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.
<b>Silver Sneakers@ Classic</b>	Move to music through a variety of exercises using handheld weights, elastic tubing
<b>Spartacus</b>	This high-intensity circuit routine can strip away fat, define every muscle in your
<b>Step &amp; Strength</b>	Fun, high energy class that combines step aerobics and effective strength exercises.
<b>Yoga</b>	Method of learning that combines posture, breathing and focus to promote
<b>Zumba@</b>	Fun Latin rhythms and easy to follow moves will tone, sculpt and melt away stress while leaving you feeling energized.

