



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 Main Gym*

Effective 07/20/2020

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 Doug	Enhance®Fitness 8:00-8:50am Doug	Silver Sneakers® Classic 8:00-8:50am Doug	BODYPUMP® 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	
Zumba® 9:00-10:00am Susie	Yoga 9:15-10:15am Michele	Zumba® 9:00-10:00am Susie	Yoga 9:15-10:15am Roxie	BODYPUMP® Express 9:15-10:00am Tiffany	
BODYPUMP® Express 5:00-5:45pm Trisha	GRIT® 4:45-5:15pm Kiersty	BODYPUMP® 5:30-6:30pm Sheila	BODYPUMP® Express 4:30-5:15pm Trisha		
BODYCOMBAT® 6:00-7:00pm Trisha			BODYCOMBAT® 5:30-6:30pm Trisha		
Pickleball* 7:30-9:00pm		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	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				
	RPM® 12:15-1:00pm April	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
		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.
Zumba®	Fun Latin rhythms and easy to follow moves will tone, sculpt and melt away stress while leaving you feeling energized.

