



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 & McBride Gym (*).

Effective 03/01/2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yogalates 5:45-6:30am Carmen		Yogalates 5:45-6:30am Carmen		
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
	Step & Strength 8:00-9:00am Roxie		Step & Strength 8:00-9:00am Roxie		
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	BODYFLOW® 9:15-10:15am Mary
		Insanity® 4:30-5:15pm Kiersty			
BODYPUMP® Express 5:00-5:45pm Trisha	GRIT® 5:00-5:30pm Mary	BODYPUMP® 5:30-6:30pm Sheila	BODYPUMP® 5:15-6:15pm Mary	GRIT® 5:00-5:30pm Trisha	
BODYCOMBAT® 6:00-7:00pm Trisha	CX WORX® 5:45-6:15pm Mary	Pickleball* 7:00-9:00pm	BODYCOMBAT® 6:30-7:30pm Mary		

Downtown Galesburg YMCA Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GRIT® 6:00-6:30am Megan	Insanity® 6:00-6:30am Kiersty	Core 6:00-6:30am Kiersty		Instructor Choice 5:45-6:30am Megan		
BODYCOMBAT® 9:00-10:00am Mary		CX WORX® 9:15-9:45am Michele		Kickboxing 9:15-10:00am Lindsay		
Pilates 10:15-11:00am Michele		Pilates 10:15-11:00am Roxie		Group Cycling 10:00-10:30am Doug		
Gentle Flow Yoga 12:15-1:00pm Mary		Mindful Meditation 12:15-1:00pm Deb		Yoga 12:15-1:00pm Mary		
RPM® 5:30-6:15pm April	RPM® 12:15-12:45pm Sheila	RPM® 5:30-6:15pm Darla	RPM® 12:15-12:45pm Danny	RPM® 12:15-1:00pm April	RPM® 1:00-1:45pm Danny	RPM® 1:00-1:45pm April
Yoga 5:30-6:30pm Roxie	Zumba® 5:30-6:30pm Heather	Yoga 5:30-6:30pm Michele	Zumba® 5:30-6:30pm Heather			
		Zumba® Express 6:45-7:30pm Gwen				

Suggested variety of workouts should include a class from each discipline weekly:

Red: Cardio Purple: Strength/Toning Blue: Cardio/Toning Green: Mind/Body Orange: McBride Activities

Please view our Childwatch hours at knoxymca.org!

CLASS/ACTIVITIES DESCRIPTIONS

Core	Strengthen your entire core; abs, obliques, lower back and more in this effective 30 minute workout.
Enhance®Fitness	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.
Gentle Flow Yoga	Gentle postures, breath work, meditation and deep relaxation; explore the health benefits of this healing, calming and energizing practice. Particularly beneficial if you have difficulty with standing, balance or getting onto or off of the floor.
Group Cycling	Jump on a bike and pedal your way to a great cardio workout that promotes strength and endurance.
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 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.
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.

