



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 11/05/2018

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		CHILDWATCH 6 weeks-7 years Monday: 8:45-11:45am & 4:30-8:30pm Tuesday: 8:45-11:45am & 4:30-7:30pm Wednesday: 8:45-11:45am & 4:30-8:00pm Thursday: 8:45-11:45am & 4:30-8:00pm Friday: 8:45-11:00am Saturday: 8:00-11:00am
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	
		Insanity® 4:30-5:15pm Kiersty			
KidZone* 5:00-7:00pm	KidZone* 5:00-7:00pm		KidZone* 5:00-7:00pm		
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		BODYCOMBAT® 6:30-7:30pm Mary		
		Pickleball* 7:00-9:00pm			

Downtown Galesburg YMCA Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	CHILDWATCH
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	6 weeks-10 years
BODYCOMBAT® 9:00-10:00am Mary				Kickboxing 9:15-10:00am Lindsay	Monday: 9:00-11:00am & 5:00-7:30pm
Pilates 10:15-11:00am Michele		Pilates 10:15-11:00am Roxie		Group Cycling 10:00-10:30am Doug	Tuesday: 5:00-7:00pm
Gentle Flow Yoga 12:15-1:00pm Mary		Mindful Meditation 12:15-1:00pm Deb		Yoga 12:15-1:00pm Lily	Wednesday: 9:00-11:00am & 4:30-7:30pm
		Group Cycling 4:45-5:15pm Darla/Angie			Thursday: 5:00-7:00pm
Yoga 5:30-6:30pm Roxie	Zumba® 5:30-6:30pm Heather	Yoga 5:30-6:30pm Michele	Zumba® 5:30-6:30pm Heather		Friday: 9:00-11:00am
		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

CLASS/ACTIVITIES DESCRIPTIONS

Core	Strengthen your entire core; abs, obliques, lower back and more in this effective 30 minute workout.
Enhanced 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.
KidZone	Bounce House, Gaga Pit, fun games, music & more! KidZone has it all! Located in McBride Gym for ages 8-12 years.
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 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.
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.

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Green: Mind/Body **Orange: McBride Activities**

