



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

***Schedule Begins December 7**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:45am	Cycle - Sarah	Bodypump Express - Jeana	Cycle - Jeana	Bodypump Express - Sarah	Cycle - Sarah	
8:15 - 9:00am						Cycle - Sarah CardioFit - Rotation
9:00-9:45am	Bodypump Express - Michelle	Zumba - Sharon	Bodypump Express - Cristy	Zumba - Sharon	Bodypump Express - Jeana	
9:30-10:15am		Cycle - Megan		Cycle - Megan		Bodypump Express - Dawn
10:15-11:00am	Cardiofit - Megan Barre - Michelle	Pound - Michelle	Cardiofit - Megan Barre - Katie	Pound - Marianne	Cardiofit - Jeana	
5:15-6:00pm	Bodypump Express - Sarah	CardioFit - Katlin	Bodypump Express - Audrey	CardioFit - Katlin		
6:30-7:15pm	Yoga - Brett	Bodypump Express - Robin	Yoga - Brett	Bodypump Express - Rotation		

9:00-9:50am		Water Low Impact - Margaret		Water Low Impact - Jill		
9:30-10:15am	WaterFit - Nancy		WaterFit - Nancy		WaterFit - Nancy	
10:00-10:50am	Water Pilates - Jill	Water Pilates - Margaret	Water Pilates - Margaret	Water Pilates - Jill	Water Pilates - Jill	
11:00-11:45am	Deep Water - Tonya		Deep Water - Tonya		Deep Water - Tonya	
5:05-5:50pm	WaterFit - Donna		WaterFit - Donna			
6:00-6:50pm	Water Low Impact - Donna		Water Low Impact - Donna			

Gymnasium . Gr. Ex. Studio 1 (2nd floor) . Gym or Outside . Warm Water Pool . Lap Pool

Class Descriptions:

Barre - Utilizing a ballet barre & some props, this class is a fusion of simple techniques from dance & pilates that will sculpt, lengthen and tone your muscles.

Bodypump Express- The revolutionary new weight training workout in a group fitness setting using barbells with adjustable weights, set to motivating music. Bodypump is a simple, athletic based workout that strengthens, tones and defines every major muscle group in your body...Ideal for beginners right through experienced exercisers.

CardioFit - This class will help improve your athleticism, agility and body composition through a mix of cardio to work the heart and burn those calories and a mix of resistance to increase your strength, endurance, power and definition. You will walk away feeling like your whole body has been worked. Some classes may be held outside depending on weather or held in a circuit style.

Cycle - This workout brings the fun and excitement of outdoor cycling indoors. A great cardiovascular workout! Come join a high energy, fun atmosphere! Please allow 5-10 minutes for proper bike set-up prior to class.

Deep water - An intense deep water class that incorporates cardiovascular fitness, core strengthening and toning. Participants do not have to be able to swim to participate in the class. Flotation equipment will be provided.

Low Impact (Water) - A class consisting of cardiovascular fitness, muscle strengthening and flexibility. An excellent class for beginners.

Pound - Channel your inner rock star with this full-body cardio jam session, inspired by drumming. Using Ripstix, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music!

WaterFit - Consists of cardiovascular fitness, muscle tone, endurance and flexibility without the stress of a traditional land class.

Water Pilates - Appeals to all ages and fitness levels. Develops strength and flexibility with fluidity and grace. Focus on breathing for exercise and energy enhancement. Improve posture and body awareness.

World of Dance U-JAM - WOD U-Jam is an athletic cardio dance fitness program that unites world beats with urban flavor. The music will take you around the world from old school hip-hop to Bollywood with an athletic intense cardio workout that makes you sweat, tones your body and leaves your body craving more! U-Jam Fitness is Universal, Unique & eUphoric! So lace up your kicks and Let The Music Drive You!

Yoga - A 5000 yr. old practice known to build strength, flexibility and balance along with concentration, relaxation and creativity. The mind, body and spirit workout you've been searching for. Modifications will be offered to tailor the class to your practice.

Zumba - Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and International beats. Before you know it, you'll be getting fit and your energy levels will be soaring. It's easy to do, effective and totally exhilarating.

****In an effort to keep all of our members safe, the YMCA is not providing any shared equipment that cannot be easily sprayed with disinfectant between classes. We have eliminated anything with a foam handle, fabric cover, or that can absorb sweat or saliva. You will need to bring your own equipment beyond kettlebells, steps, dumbbells and other similar equipment. Thank you.**



SCAN ME

Please scan the QR code which will take you to the YMCA (Daxko) app where you can see up to the minute class information. Reservations are recommended to guarantee your spot in class. This may also be done at ymcalouisville.org. All classes are for ages 14 and up.