



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

**\*Schedule Begins September 14**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:15-6:00am</b>	Bodypump Express - Brittany		Bodypump Express - Brittany			
<b>8:00-8:45am</b>	Cycle - Sarah	Bodypump Express - Jeana	Cycle - Jeana	Bodypump Express - Sarah	Cycle - Sarah	
<b>8:15 - 9:00am</b>						Cycle - Sarah CardioFit - Rotation
<b>9:00-9:45am</b>	Bodypump Express - Michelle	Zumba - Sharon	Bodypump Express - Cristy	Zumba - Sharon	Bodypump Express - Jeana	
<b>9:30-10:15am</b>		Cycle - Megan		Cycle - Megan		Bodypump Express - Dawn
<b>10:15-11:00am</b>	Cardiofit - Cristy Barre - Michelle	Pound - Michelle	Cardiofit - Megan Barre - Katie	Pound - Marianne	Cardiofit - Jeana	
<b>5:15-6:00pm</b>	Bodypump Express - Sarah	CardioFit - Katlin	Bodypump Express - Audrey	CardioFit - Katlin		
<b>6:30-7:15pm</b>	WOD U-JAM - Toya	Bodypump Express - Robin	WOD U-JAM - Octavia	Bodypump Express - Rotation		

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

**Group Ex. Studio 1 (2nd floor) . Cycle Studio . 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!

**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

All classes are by reservation only. Please scan the QR code which will take you to the YMCA (Daxko) app where you can see up to the minute class information and make reservations. This may also be done at [ymcalouisville.org](http://ymcalouisville.org). All classes are for ages 14 and up.