



# GROUP/WATER EXERCISE SCHEDULE • AUGUST, 2019

[www.northfieldymca.org/healthy/group-exercise/](http://www.northfieldymca.org/healthy/group-exercise/) • NORTHFIELD AREA FAMILY YMCA

<b>MONDAY</b>	5:15-6:15a	CORE DE FORCE	STRENGTH	Caitlin
	8:30-9:30a	AQUA YOGA	WATER EXERCISE	Marie
	8:30-9:30a	CIRCUITS	STRENGTH/CARDIO	Lori
	9:40-10:10a	CONDITION TOGETHER	STRENGTH/CARDIO	Lori
	10:20-10:50a	MOVE TOGETHER	MOVEMENT HEALTH	Lori
	11:00-12:00p	YOGA I	MIND/BODY	Ingrid
	12:10-12:55p	TABATA STRENGTH	STRENGTH/CARDIO	Nikki
	5:40-6:20p	BUTTS & GUTS	STRENGTH/CARDIO	Donna
	6:30-7:20p	RIP	STRENGTH/CARDIO	Becky
7:30-8:20p	ZUMBA	CARDIO	Victoria	
<b>TUESDAY</b>	5:15-6:05a	INSANITY	STRENGTH/CARDIO	Jerry
	8:30-9:30a	STRONG BY ZUMBA	STRENGTH/CARDIO	Suzanne
	9:15-10:00a	AQUA CARDIO STRENGTH	WATER EXERCISE	Elizabeth
	9:45-10:45a	RIP	STRENGTH/CARDIO	Becky
	11:00a-12:00p	CARDIO DANCE FITNESS	CARDIO	Lindsay
	4:15-5:05p	CORE DE FORCE	STRENGTH	Caitlin
	5:15-5:50p	RIP	STRENGTH/CARDIO	Suzanne
	6:00-6:30p	CONDITION TOGETHER	STRENGTH/CARDIO	Suzanne
	6:40-7:10p	STABILITY BALL TRAINING	STRENGTH	Heather R.
	7:20-8:15p	YIN YOGA	MIND/BODY	Becky
<b>WEDNESDAY</b>	5:15-6:15a	PIYO	STRENGTH	Jerry
	8:30-9:15a	INSANITY	STRENGTH/CARDIO	Caitlin
	9:30-10:30a	RIP	STRENGTH/CARDIO	Brianne
	10:40-11:10a	MOVE TOGETHER	MOVEMENT HEALTH	Becky
	11:20a-12:10p	SLOW FLOW	MIND/BODY	Ingrid
	4:30-5:15p	SHOTOKAN KARATE	MIND/BODY	Tom
	5:30-6:20p	KICKBOXING	STRENGTH	Donna
	6:30-7:00p	CIRCUITS	STRENGTH/CARDIO	Lindsay
	7:10-7:55p	YOGA II	MIND/BODY	Becky
<b>THURSDAY</b>	5:15-5:45a	TRANSFORM	STRENGTH/CARDIO	Caitlin
	5:50-6:15a	CORE FITNESS	STRENGTH	Caitlin
	6:20-6:35a	SIMPLY STRETCH	STRENGTH	Caitlin
	8:30-9:30a	STRONG BY ZUMBA	CARDIO	Suzanne
	9:15-10:00a	AQUA PILATES	WATER EXERCISE	Elizabeth
	10:00-10:45a	YIN YOGA	MIND/BODY	Ingrid
	11:00a-12:00p	ZUMBA	CARDIO	Kathryn
	12:10-12:40p	CONDITION TOGETHER	STRENGTH/CARDIO	Lori
	4:00-5:00p	POWER YOGA	MIND/BODY	Marie
	5:15-5:50p	RIP	STRENGTH/CARDIO	Becky
	6:00-6:30p	CONDITION TOGETHER	STRENGTH/CARDIO	Becky
	6:35-7:20p	ZUMBA	CARDIO	Tamsen
7:30-8:15p	SHOTOKAN KARATE II	MIND/BODY	Tom	
<b>FRIDAY</b>	5:15-6:15a	BOOT CAMP	STRENGTH/CARDIO	Caitlin
	8:45-9:30a	SENIOR AQUA STRETCH/STRENGTH	WATER EXERCISE	Marie
	9:45-10:45a	RIP	STRENGTH/CARDIO	Suzanne
	10:55-11:55a	INSANITY	STRENGTH/CARDIO	Caitlin
	4:30-5:30p	RIP	STRENGTH/CARDIO	Brianne
	5:35-6:30p	ZUMBA	CARDIO	Victoria
<b>SAT</b>	7:20-7:50a	CONDITION TOGETHER	STRENGTH/CARDIO	Becky
	8:05-9:00a	CARDIO DANCE FITNESS	CARDIO	Lindsay
	9:05-9:35a	KETTLEBELLS	STRENGTH	Lorien/Caitlin
	9:45-10:10a	CORE FITNESS	STRENGTH	Lorien/Caitlin
	10:15-10:45a	SIMPLY STRETCH	MIND/BODY	Lorien/Caitlin
	10:55-11:55a	BEGINNING SHOTOKAN KARATE	MIND/BODY	Tom
<b>SUN</b>	1:00-1:50p	YOGA II	MIND/BODY	Marie/Becky
	2:00-3:00p	STRONG BY ZUMBA	CARDIO	Amber



## GROUP EXERCISE CLASS DESCRIPTIONS

### NORTHFIELD AREA FAMILY YMCA

#### **STRENGTH / CARDIO:**

**BOOT CAMP** Superset strength training, fast transitions, with small rests between full sets of multiple separate strength moves. Small cardio warm up to start - stretch to finish off.

**BUTTS & GUTS** A combination of lower body, abs and lower back exercises to tone, sculpt and strengthen the lower body and core.

**CARDIO DANCE FITNESS** Cardio Dance Fitness is a mixture of traditional fitness moves and high-energy dancing set to modern pop music.

**CIRCUITS** Circuit training is an excellent way to improve mobility, strength and stamina. The training comprises of 4-7 exercises that are performed for a specific number of repetitions with rest periods.

**CONDITION TOGETHER** Condition Together is a 30 minute, total body workout, utilizing loaded movement training.

**CORE DE FORCE** Total body workout inspired by MMA-style training. Combines movements from boxing, kickboxing, Brazilian jiu-jitsu, Muay Thai, and more! Non-contact, not self defense, no equipment needed. HIIT intervals using skill based cardio training. Trains both sides, and uses body weight training with core-centric movement.

**INSANITY™** Get into the best shape of your life! All-out strength and conditioning will make you the best you can be. Dig deep!

**KETTLEBELLS** Firm your glutes, abs, arms and legs with just one piece of equipment — the kettlebell.

**KICKBOXING** A group fitness class that combines boxing techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn mega calories as you build lean muscle, reduce stress, and boost confidence!

**PIYO** Increase lean muscle mass and burn fat faster with this combination of Pilates and yoga moves.

**RIP** Lift your way to fitness with a strength-training barbell program set to music.

**STABILITY BALL TRAINING** This class has great benefits in a small amount of time! We'll use balls and hand weights to engage the core while working various muscle groups. Balls are a great tool to help build strength, flexibility and stability, therefore excellent for injury prevention.

**STRONG BY ZUMBA** Is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. In a STRONG by Zumba™ class, music is the key element.

**TABATA** Short on time and need a fully body workout? Look no further than Tabata. Tabata is a HIIT workout where the exerciser will do 8 rounds, 20 seconds on 10 second off format for a full body workout.

**TRANSFORM** This 30 minute, music driven, high intensity cardio conditioning class uses a step to ramp up your calorie burn!

**ZUMBA™** Move and dance with Latin-infused music for a fun, effective cardio and muscle-toning workout.

#### **MIND / BODY:**

**POWER YOGA** Power Yoga links breath and poses while focusing on building strength. It includes intermediate poses and some yoga experience is recommended.

**SLOW FLOW YOGA** Slow Flow Yoga A meditative flow that practices slowing down by using a slow steady breath, holding postures, transitioning smoothly, and opening gently and mindfully with the ability to move deeper into one's body and self.

**SHOTOKAN KARATE** Shotokan Karate is a non-contact Japanese martial art that teaches self-esteem, self-discipline, self-defense and self-confidence. Improve balance and muscle tone, increase flexibility, and stimulate your cardiovascular system in a safe and effective manner. Level II for students that have had 6 months or more of karate training.

**SIMPLY STRETCH** Increase flexibility with gentle, basic stretches and progressive movements in a relaxing environment.

**YIN YOGA** Fewer poses held longer for a deeper stretch. A great deeper stretch to lubricate at the joint level in a calming and soothing environment.

**YOGA I** Relieve stress, improve balance and strengthen your core with yoga, where movements and postures are linked together with the breath featuring basic yoga postures.

**YOGA II** Building on Yoga I, this class features intermediate poses.

#### **MOVEMENT HEALTH:**

**MOVE TOGETHER** Move Together is a 30 minute program focusing on movement health. This is for anybody looking to improve their overall movement health, to move better, with ease and less restriction and discomfort. This could be someone looking to build their movement confidence and start an exercise program, or even an individual who is already active but needs to spend time reconditioning their body to help prevent pain or injury.

#### **AQUA:**

**AQUA CARDIO STRENGTH** Get your heart rate up with a low-impact workout in the pool.

**AQUA PILATES** This class integrates the mind/body connection in the water using pilates to align the body, build long lean muscles and develop core strength.

**AQUA YOGA** Aqua Yoga incorporates deep breathing, stretching and balance poses, assisted by the support of the water. This low-intensity shallow end class can benefit students at all levels, including beginners.

**SENIOR AQUA STRETCH AND STRENGTH** Each class will start with yoga stretches and breathing. After warm-up, we'll move to strength and cardio exercises. The end of class will return to stretches and calming breathing. All movements are easily adaptable to your level of fitness. The instructor will guide you in how to increase or decrease the intensity of the exercises.

Questions about classes or schedule? Contact Suzanne, Group Fitness Coordinator, at [grouper@northfieldymca.org](mailto:grouper@northfieldymca.org)

Check online for child watch availability at: [www.northfieldymca.org/calendars/child-watch/](http://www.northfieldymca.org/calendars/child-watch/)

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