



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kohl Family YMCA

Winter I (01/02-02/20)

## Group Classes

### Masala Bhangra

Masala Bhangra® is a lifestyle program where the Dhol Drum beats meets the glamour of Bollywood. With easy to follow choreography, participants are encouraged to move, touch and inspire! Empowering a Life long way of being through Indian dance and music.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
Winter I	Wednesday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00

### Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength, and core training.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00
Winter I	Thursday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00

### Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Ses	Days & Times	Ages	Mem/Program
Winter I	Saturday 8:00 - 8:45 am	16-99	\$0.00/\$40.00

### Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
Winter I	Monday 5:00 - 5:50 pm	16-99	\$10.00/\$50.00
Winter I	Tuesday 6:30 - 7:30 am	16-99	\$10.00/\$50.00
Winter I	Wednesday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
Winter I	Wednesday 5:00 - 5:50 pm	16-99	\$10.00/\$50.00
Winter I	Thursday 6:30 - 7:30 am	16-99	\$10.00/\$50.00
Winter I	Friday 5:00 - 6:00 am	16-99	\$10.00/\$50.00

### Jump & Pump

Try this innovative class combining the cardio of jump ropes and the toning of weight lifting in a Tabata-style format.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:00 - 6:30 pm	16-99	\$0.00/\$40.00
Winter I	Thursday 6:00 - 6:30 pm	16-99	\$0.00/\$40.00

### Kickboxing

Through a mixture of martial arts and boxing moves, our kickboxing class includes physical contact with a punching bag. Participants must bring their own gloves.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00
Winter I	Thursday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00

### Line Dancing

Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 10:30 - 11:45 am	16-99	\$0.00/\$40.00
Winter I	Wednesday 10:30 - 11:45 am	16-99	\$0.00/\$40.00
Winter I	Friday 10:30 - 11:45 am	16-99	\$0.00/\$40.00

### LOSE4U

Achieve your weightloss goals with our LOSE4U challenge. Workout 2 times per week for 12 weeks in a small group with a certified Personal Trainer. Teams consist of 3 people, you can sign up with 2 other friends or register individually. We will place you on a team based on the time slot you choose.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mon, Wed 5:00 - 6:00 pm	18-99	\$125.00/\$160.00

### Pilates

This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 5:15 - 6:00 PM	16-99	\$0.00/\$40.00

### Step Aerobics

Using a bench and risers, you will step up and down and learn fun patterns to upbeat music.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:15 - 7:00 am		\$0.00/\$40.00
Winter I	Thursday 6:15 - 7:00 am		\$0.00/\$40.00

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## Group Classes

### SilverSneakers Circuit

Cardio Circuit is designed for seniors who have taken the SilverSneakers Classic class and now feel at ease working out of their comfort zone. SilverSneakers Circuit focuses on strengthening the cardiovascular system.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Winter I	Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Winter I	Friday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

### Silver Sneakers BOOM MOVE IT

Dance to the beat of hip hop and move to the rhythms of the mambo. Have fun and learn steps from every era in this great cardio workout.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 7:10 - 7:40 am		\$0.00/\$40.00

### SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Monday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
Winter I	Monday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
Winter I	Tuesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Winter I	Tuesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Winter I	Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Wednesday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
Winter I	Wednesday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
Winter I	Thursday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Winter I	Thursday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Winter I	Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Friday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
Winter I	Friday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00

### SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Tuesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Thursday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Thursday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

### Stretching for Better Performance

Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 7:45 - 8:15 am	16-99	\$0.00/\$40.00

### Tabata

Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
Winter I	Friday 6:15 - 7:00 am	16-99	\$0.00/\$40.00

### Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00
Winter I	Wednesday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00

### Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Ses	Days & Times	Ages	Mem/Program
Winter I	Saturday 11:00 - 11:45 am	16-99	\$0.00/\$40.00

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## Group Classes

### Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
Winter I	Wednesday 12:00 - 12:45 PM	16-99	\$10.00/\$50.00
Winter I	Saturday 7:00 - 7:45 am (Restorative)	16-99	\$10.00/\$50.00

### Zumba

Are you ready to party yourself into shape? 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. You are sure to burn calories and have fun!

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Winter I	Tuesday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Winter I	Thursday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Winter I	Thursday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Winter I	Saturday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
Winter I	Saturday 10:00 - 10:45 am	16-99	\$0.00/\$40.00

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Miscellaneous

## Functional Training

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 6:15 - 7:00 AM		\$0.00/\$40.00