

KOHL FAMILY YMCA GROUP EXERCISE SCHEDULE



UPDATED
Summer 2024

MONDAY

**Silver Sneakers
Classic/Circuit**
9:00-10:00 AM
Mary

**Wildcard
Workout**
9:00-10:00 AM
Leland

Line Dancing
11:00-12:30
Cookie/Sharlette

Youth Boxing
5:00-6:00 PM
Leland

HIIT
5:15-6:00 PM
Jeremy

Boot Camp
6:15-7:00 PM
Richard

TUESDAY

**Silver Sneakers
Classic/Circuit**
9:00-10:00 AM
Mary

**Silver Sneakers
Classic**
12:30-1:30 PM
Mary

Step Aerobics
5:15-6:00 PM
Brittany

Tabata
6:15-7:00 PM
Richard

WEDNESDAY

**Silver Sneakers
Classic/Circuit**
9:00-10:00 AM
Mary

**Wildcard
Workout**
9:00-10:00 AM
Leland

Line Dancing
11:00-12:30PM
Cookie/Sharlette

Youth Boxing
5:00-6:00 PM
Leland

HIIT
5:15-6:00 PM
Jeremy

Cardio Variety
6:15-7:00 PM
Laura

THURSDAY

**Silver Sneakers
Classic/Circuit**
9:00-10:00 AM
Mary

**Silver Sneakers
Classic**
12:30-1:30 PM
Mary

KickBoxing
6:15-7:00 PM
Laura F.

Zumba
7:00-7:45 PM
Lisa

FRIDAY

Yoga
6:30-7:15 AM
Bassey & Andrea

**Silver Sneakers
Classic/Yoga**
9:00-10:00 AM
Mary

**Wildcard
Workout**
9:00-10:00 AM
Leland

Line Dancing
11:00-12:30PM
Cookie/Sharlette

SATURDAY

Cardio Variety
8:00-9:00 AM
Laura

HIIT
9:15-10:00 AM
June

PowerBody
10:15-11:00 AM
Jeremy

SUNDAY

No Classes

IMPORTANT INFORMATION

PURPLE Classes are in Gymnasium

ORANGE Classes are in Group X room

PINK Classes are in *FTS or new room next to classroom (formerly spinning)

*FTS=Functional Training space

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UPDATED
October 2023

CLASS DESCRIPTIONS

Beginner HIIT is a high-intensity interval training (HIIT) workout that alternates periods of short, intense exercises with less-intense recovery periods.

Beginner Step Aerobics uses a bench and risers; you will step up and down and learn fun patterns to upbeat music for an energizing cardio workout.

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

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

Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back and hip exercises.

Functional Training uses tires, medicine balls, hammers, you name it, to get a full-body, functional workout.

Kickboxing is a mixture of martial arts and boxing moves to get your heart pumping. Participants must bring their own gloves.

Line Dancing is a relaxed, fun and positive atmosphere to build a strong foundation.

Masala Bhangra incorporates Indian dance choreography and beautiful music appealing to those who like to dance their way into fitness.

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong.

Silver Sneakers 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.

Silver Sneakers Circuit: Designed for seniors who are ready to extend beyond Classic for an enhanced cardio workout.

Silver Sneakers Yoga will move your body through a series of seated yoga positions using chair support to increase flexibility and balance.

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

Tabata combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance (not recommended for pregnant women).

Wildcard is a walk on the wild side to mix up your workout! Wild card offers a new exercise each week! Wild Card exercises may include kickboxing, cycling, toning, jump rope and much more.

Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques. (Beginners), (Power), (Vinyasa or Hatha style).

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!