



# PARKER GROUP EXERCISE SCHEDULE

Effective Dec 31st, 2018

## MONDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
8:35-9:35	Zumba/Zumba Toning	Room C	Liliana
9:40-10:40	Zumba Gold - Toning	Room C	Liliana

### PM Classes

6:00-7:00	Burpee Bootcamp	Room C	Rene
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## TUESDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
8:00-8:45	TRX <b>**Premium Class**</b>		Laura
8:30-9:30	Zumba Gold	Room C	Diane R.
9:00-9:45	TRX <b>**Premium Class**</b>		Laura
9:00-10:00	Cycling	Cycle Room	Tiffany

### PM Classes

5:30-6:30	Group Power *Strength Train Together	Room C	Andrea
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## WEDNESDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:15	R.I.P.P.E.D.	Room C	Trudy
8:30-9:30	Strength-N-Stretch	Room B	Rene
9:45-10:45	Yoga	Room C	Ed

### PM Classes

6:00-7:00	Zumba	Room C	Diane/Kelley
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## THURSDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:00	Cycling	Cycle Room	Amanda
8:00-8:45	TRX <b>**Premium Class**</b>		Laura
8:30-9:30	Zumba Gold	Room C	Liliana
9:00-9:45	TRX <b>**Premium Class**</b>		Laura
9:00-10:00	Cycling	Cycle Room	Tiffany

### PM Classes

5:30-6:30	Group Power *Strength Train Together	Room C	Diane J.
7:45-8:30	Yoga	Room C	Ed

## FRIDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:15	R.I.P.P.E.D.	Room C	Trudy
8:35-9:35	Zumba	Room C	Liliana
9:40-10:25	Abs and Stretch	Room C	Liliana

## SATURDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
8:00-9:00	Cycling	Cycle Room	Rotation
9:00-10:00	Zumba/Zumba Toning	Room C	Emily

## SUNDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
7:30-8:30	Group Power *Strength Train Together	Room C	Rotation
9:00-10:00	Zumba	Room C	Emily

**\*\*Please note: All TRX "Premium Classes" must be paid at the front desk before attending classes.**

**\*\*NEW CYCLING CLASS:**

**Tuesdays at 5:15AM!!**

**\*Classes and instructors may change without notice.\* Youth 8-15 may participate WITH AN ADULT in: Zumba, Boot Camp, Yoga and PiYo. Youth 16+ may participate in ANY class.**



® Parker YMCA  
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www.ymcajanessville.org

# CLASS DESCRIPTIONS

## **Abs and Stretch (Level I, II, III)**

Challenge your body with a core workout that is new and exciting. Work on flexibility and breathing with this stretching class.

## **Boot Camp (Level II, III)**

Experience cardio & toning in an intense athletic style workout that incorporates weights, steps, drills, running/walking and much more. You will love the variety this class offers. Strength/Cardio stations will be set up for all activity levels.

## **Burpee Boot Camp (Level III)**

The burpee is a great exercise to increase cardio, respiratory endurance, core strength and upper body strength. Burpee Bootcamp will incorporate a variety of burpees in every class along with high intensity training, running, boot camp and get ripped exercises. All fitness levels are welcome, modifications available for all exercises.

## **Cycling (Level I, II, III)**

Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. The cycling program is geared for anyone that can ride a bike and features motivating music, awesome instructors and an inspiring group environment that lets you ride on!

## **PiYo Live**

This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle - big and small.

## **Pound**

Group fitness environment inspired by drumming. Rockout. Workout.

## **R.I.P.P.E.D.**

Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

## **Strength-N-Stretch (Level I, II, AOA)**

This is a good class for beginners, people new to group exercise classes, people recovering from an injury, or new moms trying to get back into exercise. The class starts with low impact cardio, a full body workout using light weights and mats and ends with relaxing stretches.

## **Strength Train Together/Group Power(All Levels)**

STT is your hour of power! This 60-minute barbell program strengthens all your major muscles in an environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group power is for all fitness levels. We recommend new participants arrive at least 10 minutes early for set up and class overview.

## **Strong by Zumba**

Revolutionary high-intensity workout led by music to help you make it to the last rep!

## **Tabata (Level II and III)**

Tabata is one of the most popular forms of high-intensity interval training (HIIT). It consists of ultra-high-intensity exercises in a specific 20 seconds-on, 10 seconds-off interval pattern. Great class for maximizing your time and for pushing your cardio abilities.

## **Chair Yoga (Level I and II)**

This class utilizes the chair to help those not able to experience Yoga in the traditional state on the floor. Using the chair, members will learn breathing techniques to enhance stretching from a seated position.

## **Yoga (All Levels)**

This class emphasizes a continuous flow of movement, breathing and long holdings. Each part of the body is explored and worked in a deep and mindful way. This practice builds strength, tones the muscles, enhances flexibility, detoxifies, and relieves stress.

## **Zumba (All levels)**

Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Ditch the workout, join the party!

## **Zumba Gold**

Zumba Gold is designed for beginners or those who want to start at a slower pace. They use the same fun dance styles and music as regular Zumba classes.

## **Zumba Toning**

Zumba Toning is the original dance-fitness class taken to the next level. Zumba toning is an innovative muscle training program with the addition of light weight toning sticks.