



JANESVILLE GROUP EXERCISE SCHEDULE

Effective May10th, 2019

MONDAY

Time Class Location Instructor

AM Classes

5:15-6:15	Cycling	Cycle Room	Amanda W
8:30-9:30	Bootcamp	Room A	Rene
8:30-9:30	Chair Yoga	Room C	Ed
10:00-11:00	SilverSneakers	Room C	Rene
10:00-11:00	Group Power	Room A	Julie Sh.

*Strength Train Together

PM Classes

5:30-6:30	Yoga	Room B	Lin
5:30-6:30	Cycling	Cycle Room	Brett
6:30-7:30	Group Power	Room A	Alisa

*Strength Train Together

TUESDAY

Time Class Location Instructor

AM Classes

5:15-6:15	Strength Train Together	Room A	Josh
	*Group Power		
8:30-9:30	Strength-N-Stretch	Room C	Rene
8:45-9:45	Zumba Step	Room A	Liliana
9:45-10:45	Flow Yoga	Room B	Lin

PM Classes

Noon-12:45	Cycling	Cycle Room	Tiffany
5:00-5:45	Kid Yoga	Room A	Tori
	*3-8yrs. old		
5:30-6:30	Yoga	Room B	Niqi
6:30-7:30	Zumba	Room A	Diane/Johnetta

WEDNESDAY

Time Class Location Instructor

AM Classes

5:15-6:15	Cycling	Cycle Room	Julie St.
8:00-9:00	Chair Yoga	Room C	Ed
8:35-9:35	Zumba	Room A	Liliana
9:40-10:25	Abs and Stretch	Room C	Liliana
10:00-11:00	Strength Train Together	Room A	Julie Sh.

*Group Power

PM Classes

5:30-6:30	Restorative Yoga	Room B	Tori
5:30-6:30	Group Power	Room A	Jeff
	*Strength Train Together		
6:00-7:00	Burpee Bootcamp	Room C	Rene

THURSDAY

Time Class Location Instructor

AM Classes

5:15-6:15	Group Power	Room A	Josh
	*Strength Train Together		
8:30-9:30	Strength-N-Stretch	Room C	Rene
8:45-9:45	Zumba	Room A	Kyoko
10:00-11:00	Chair Yoga	Room C	Ed

PM Classes

Noon-12:45	Cycling	Cycle Room	Tiffany
5:30-6:30	Yin Yoga	Room B	Ed

FRIDAY

Time Class Location Instructor

AM Classes

5:15-6:15	Cycling	Cycle Room	Amanda W
5:30-6:15	TRX-HIIT	Room B	Vicki
6:10-6:50	Yoga	Room C	Tori
8:30-9:30	Bootcamp	Room A	Jodeen
8:30-9:30	Friday Fever	Room C	Rene
10:00-11:00	SilverSneakers	Room C	Rene

SATURDAY

Time Class Location Instructor

AM Classes

8:15-9:15	Strength Train Together	Room A	Rotation
	*Group Power		
11:00-12:00	Yoga R & R	Room A	Mari

*First Saturday of each month

**Premium Class: TRX starts April 1st!

24\$ for a 7 week session: Mon/Wed 12:15-1:00PM Vicki
Tue/Thu 4:30-5:15PM Vicki
Free Session: Tue/Thu 5:30AM-6:15AM Vicki

**FREE! TRX-HIIT Friday mornings
with Vicki 5:30AM!**

**Monday Cycling Class!*

5:30PM Come before Group

Power!

***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.**



YMCA of Northern Rock County
221 Dodge Street
Janesville, WI

www.ymcajanesville.org

CLASS DESCRIPTIONS

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.

Burpee Boot Camp

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, and boot camp drills. All fitness levels are welcome, modifications available for all exercises.

Chair Yoga

Experience yoga through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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!

Flow Yoga (All levels)

One hour of gentle, intentional yoga poses designed to challenge your body and skill while relaxing your mind and soul.

Friday Fever (Level I, II, AOA)

40 minutes of low impact cardio, 15 minutes of core strengthening, and 5 minutes of stretches will finish off your week of exercising. This enjoyable mix of cardio and strength exercises in this class will keep you coming back for more!

Get on the Ball (Levels I,II)

Designed to improve strength and endurance of the core and back, this workout will also improve your balance and stability. Classes include weights, bands, stability balls, and mats to focus on inner and outer strength.

Movement for Kids (Ages 3-8)

A play based movement class that brings in concepts of yoga, stretching and age appropriate strength building activities (no equipment used). Each class includes a warm-up, active period, cool down, and an introduction to relaxation.

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.

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Strength-N-Stretch (Level I, II, III)

This class is for all levels of fitness. The class starts with low impact cardio, moves to a light stretch, and then isolates each body part for a full body workout. It uses light and/or heavy weights (depending on a members fitness level.) Lastly, it moves to the floor for core workout and the final 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 certified 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.

TRX-H.I.I.T (Level II and III)

High Intensity Interval Training (H.I.I.T) techniques like tabata intervals can be used to super charge your TRX suspension training workouts. The basic H.I.I.T. techniques is to alternate periods of extremely high intensity exercise with short rest periods for a specified number of sets.

Yin Yoga (All levels)

This is a slow-paced style of yoga with postures (also known as asanas), that are held for longer periods of time.

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, flexibility, detoxifies and relieves stress.

Yoga R & R

RENEW and RELAX your mind and body with low lighting, calming music, deep breathing and stretching.

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 Step

All of the Step toning and strengthening for your legs and glutes. All of the Zumba fitness party fun you love.