



PARKER GROUP EXERCISE SCHEDULE

Effective Sept 8th, 2019

MONDAY

Time	Class	Location	Instructor
AM Classes			
8:35-9:35	Zumba/Zumba Toning	Room C	Liliana
9:30-10:15	All Ages Core	Room B	Vicki
9:40-10:40	Zumba Gold - Toning	Room C	Liliana
10:15-11:00	Barre	Room B	Vicki

PM Classes

5:00-5:45	Barre	Room B	Vicki
6:00-6:45	TRX	Room B	Vicki
6:00-7:00	Burpee Bootcamp	Room C	Rene

TUESDAY

Time	Class	Location	Instructor
AM Classes			
8:00-8:45	Chair Yoga	Room C	Vicki
9:00-9:45	TRX	Room B	Vicki
9:00-10:00	Cycling	Cycle Room	Shannon

PM Classes

5:30-6:30	Cycling	Cycle Room	Brett
6:00-6:45	TRX-H.I.I.T.	Room B	Vicki

WEDNESDAY

Time	Class	Location	Instructor
AM Classes			
5:15-6:15	R.I.P.P.E.D.	Room C	Trudy
8:30-9:30	Strength-N-Stretch	Room B	Rene
9:00-10:00	Group Power	Room C	Andrea
*Strength Train Together			
9:45-10:45	Yoga	Room B	Niqi

PM Classes

5:00-5:45	Barre	Room B	Vicki
5:50-6:50	Zumba	Room C	Diane R.
6:00-6:45	TRX	Room B	Vicki

THURSDAY

Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Cycling	Cycle Room	Amanda
8:00-8:45	Chair Yoga	Room B	Vicki
8:30-9:30	Zumba Gold	Room C	Liliana
9:00-9:45	TRX	Room B	Vicki
9:00-10:00	Cycling	Cycle Room	Shannon

PM Classes

5:15-6:00	Get on the Ball	Room C	Jodeen
6:00-6:45	TRX-H.I.I.T.	Room B	Vicki
6:50-7:30	Yoga	Room C	Vicki

FRIDAY

Time	Class	Location	Instructor
AM Classes			
5:15-6:15	R.I.P.P.E.D.	Room C	Trudy
8:00-8:45	Barre	Room B	Vicki
8:35-9:35	Zumba	Room C	Liliana
9:40-10:25	Abs and Stretch	Room C	Liliana

SATURDAY

Time	Class	Location	Instructor
AM Classes			
8:00-9:00	Cycling	Cycle Room	Rotation

SUNDAY

Time	Class	Location	Instructor
AM Classes			
7:30-8:30	Group Power	Room C	Rotation
*Strength Train Together			

****NEW:**

BARRE Class is here!

Free with your membership!

****ALL TRX CLASSES FREE FOR MEMBERS!**

***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
1360 Parkview Dr.
Milton, WI
www.ymcajanesville.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.

All Ages Core (Level I, II, III, AOA)

Improve your entire core and trunk strength with this 30 minute complete core workout.

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!

Functional Circuit (Level I, II, III)

This class will train the body for activities performed in daily life. The mix of strength and cardio sends your heart rate up, and builds lean muscle to keep you building muscle long after those 30 minutes are over. (modifications are always available.)

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.

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.

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.

