



# JANESVILLE GROUP EXERCISE SCHEDULE

Effective Oct 1st, 2018

## MONDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:15	Cycling	Cycle Room	Julie St.
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

Time	Class	Location	Instructor
<b>PM Classes</b>			
5:30-6:30	Yoga	Room B	Niqi
5:30-6:30	Cycling	Cycle Room	Amanda
6:30-7:30	Strength Train Together *Group Power	Room A	Alisa

## TUESDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:15	Strength Train Together *Group Power	Room A	Josh
5:15-6:00	Get on the Ball	Room C	Trudy
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

Time	Class	Location	Instructor
<b>PM Classes</b>			
Noon-12:45	Cycling	Cycle Room	Jessica
5:00-5:45	Movement for Kids *3-8yrs. old	Room A	Tori
5:30-6:30	Yoga	Room B	Niqi
6:30-7:30	Zumba	Room A	Diane/Johnetta

## WEDNESDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
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 A	Liliana

Time	Class	Location	Instructor
<b>PM Classes</b>			
6:00-7:00	Burpee Bootcamp	Room C	Rene
6:30-7:30	Strength Train Together *Group Power	Room A	Jeff

## THURSDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:15	Strength Train Together *Group Power	Room A	Jana
5:15-6:00	Get on the Ball	Room C	Trudy
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	Cycling Room	Jessica
5:30-6:30	Yoga Series: Yin Yoga	Room B	Ed

## FRIDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:15	Cycling	Cycle Room	Julie St.
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

## PM Classes

12:00-1:00	Yoga	Room B	Ed
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## SATURDAY

Time	Class	Location	Instructor
<b>AM Classes</b>			
8:15-9:15	Strength Train Together *Group Power	Room A	Rotation
11:00-12:00	Yoga R & R *First Saturday of each month	Room A	Mari

**\*\*\*NEW YOGA STUDIO Coming Soon!**

**\*NEW: Tuesday "Flow Yoga" at 9:45AM!**

For more information, please contact Jana in the Fitness Dept. at 608-754-9622 ext. 116.

\*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.ymcajanessville.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.

## **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.

## **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.

## **Strong by Zumba**

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

## **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.

## **Yogi Girls (girls ages 12 to 16)**

Come strengthen your body and your mind as participants practice self care and self acceptance.

## **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.