



For a better us.®



# THOMAS E. HANNAH YMCA GROUP EXERCISE SCHEDULE

## LES MILLS Launches Are Here!

### RPM



Oct 18th 8:35am

### BODYPUMP 45MIN



Oct 26th 3:00pm



### BODYBALANCE

Oct 26th 4:00pm

### COMBAT 45MIN



Oct 29th 8:30am

# EXERCISE IS BETTER TOGETHER!

## HALLOWEEN PM LINE UP

4:30pm Halloween Pilates

\*No 5:35pm Zumba

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> 5:15-6:15 AM Mary-Ladd	<b>RPM</b>  5:15-6:00AM Mary-Ladd	<b>BODYPUMP</b> 5:15-6:15 AM Julie	<b>RPM/SPIN</b>  5:15-6:00AM Ani / Kerry	<b>BODYPUMP</b> 5:15-6:15 AM Julie	<div>IT'S LES MILLS LAUNCH MONTH!</div>	
		<b>BODYBALANCE</b> 6:30-7:30AM Julie				
<b>BODYPUMP</b> 8:30-9:30 AM Brandi	<b>RAISED BARRE</b> 8:30-9:30 AM Leslie	<b>COMBAT</b> <sup>45MIN</sup> 8:30-9:15AM Nancy	<b>BARRE</b> 8:30-9:30 AM Brandi	<b>COMBAT</b> <sup>45MIN</sup> 8:30-9:15AM Ani	8:30-9:30 AM <b>RAISED BARRE</b> Michele	
<b>RPM</b>  8:35-9:20 AM Ani				<b>CYCLE</b>  9:35-10:35 AM Sue	<b>RPM</b>  8:35-9:20 AM Ani K.	<b>BODYPUMP</b> <sup>45MIN</sup> 3:00-3:45 PM Daniela / Ani
					<b>YOGA</b> 9:40-10:40 AM Michelle	<b>BODY BALANCE</b> 4:00-5:00 PM Julie
<b>A.D.L INTERVALS</b> 11:00 - 11:45 AM Sue	<b>A.D.L R.O.M.</b> 11:00 - 11:45 AM Julie		<b>A.D.L YOGA</b> 11:00 - 11:45 AM DJ	<b>A.D.L FIT-N-FAB</b> 11:00 - 11:45 AM DJ	<b>DANCE</b> 11:00-12:00 PM Arista & Rebeca	
<b>PILATES SCULPT</b> 4:30-5:30PM Jacqueline	<b>BODYBALANCE</b> 4:30-5:30PM M.Ladd & Amanda	<b>BODYPUMP</b> 4:15-5:15 PM Brandi	<b>YOGA</b> 4:30-5:30PM Mary-Ladd	<b>CHAIR YOGA</b> 12:00-12:45 PM Sue	<div>SATURDAYS @11am ZUMBA Oct 4th &amp; 25th</div>	
<b>STEP IT UP!</b> 5:35-6:35 PM Mary-Ladd	<b>ZUMBA</b> <sup>50MIN</sup> 5:35-6:25 PM Brandi	<b>STEP IT UP!</b> 5:35-6:35 PM Mary-Ladd	<b>HIIT CONNECT</b> <sup>45 MIN</sup> 5:35-6:20 PM Michelle	<b>PILATES SCULPT</b> 4:30-5:30PM Jacqueline		
<b>VINAYSA YOGA</b> 6:40 - 7:40PM Katherine	<b>BODYPUMP</b> 6:30-7:30 PM Ani		<b>BODYPUMP</b> 6:30-7:30 PM Ani	<b>ZUMBA</b> 5:35-6:35 PM Naomi		
					<div>SALSATION Oct 11th &amp; 18th</div>	



## GROUP EXERCISE CLASS DESCRIPTIONS

**A.D.L – Active Daily Living** is for those who want to get better function out of daily life and enhance quality of living using a variety of movement and to build accountability for improving strength, breathing, mind and body function, flexibility, balance, and also build fellowship among attendees. A chair may be used for seated or standing support.

- Intervals: kick start the week by improving endurance for a happy heart while fortifying cognitive, agility, and muscle fortitude using nonimpact exercises with hand weights, resistance bands, medicine balls, and other fun gym equipment.
- Fit and Fabulous: fun-filled Fridays are here! Move at your own pace while mixing easy to follow dance steps using strength, balance, and ROM with progressive intensity opportunities. Utilize chairs, bands, handheld weights, and exercise balls during routines, sitting or standing options available.
- ROM (Range of Motion): improve overall function, circulation, endurance, and conditioning efforts by using strength, balance, and flexibility intuition. Expect some cardio speedbumps along the way!
- Yoga: uses the fundamentals of yoga to increase internal space through breath work, advance flexibility through postural sequences, sharpen mental concentration, and relieve stress. Leave feeling calm and collected for the weekend ahead.

**Les Mills classes fuse science, movement, and music with the latest exercise trends and technology to deliver a workout experience that will change your outlook on exercise. Les Mills classes focus on one goal: bringing people together to harness the power of group fitness and collective determination through different exercise styles and intensities.**

**BODYCOMBAT™** – is a high-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, etc. Release stress, have a blast, and feel like a champ. This is a Les Mills group exercise class.

**BODYBALANCE™** – ideal format for anyone and everyone. This yoga-based class that will improve your mind, body and life with invigorating strength, balance, flowing movement, and core work. This is a Les Mills group exercise class.

**BODYPUMP™** – the optimal workout for anyone looking to get and stay lean, toned, and fit – fast. Class uses light to moderate weights for a total body work out and also boosts metabolism and heartrate.

**RPM™** – an indoor cycling workout where participants control the intensity of speed and resistance through as an interval based journey over hill climbs, sprints, and lighter inclined terrain. Reach cardio peaks then ease back down, keeping pace with the pack to lift personal performance, achievement, boosting both cardio and endurance fitness. RPM is fun, low impact, energetic workout that burns calories and revs metabolism each revolution of the pedals.

**Barre** – a full body workout that fuses the best of ballet, Pilates, and sports conditioning. Tighten and sculpt your body with little to no impact on joints.

**Chair Yoga** – clear the mind of outside distractions and gently work on range of motion & balance for living in the present. Chair is optional or for seated or standing support.

**Pilates Sculpt** – a hybrid workout blending classic Pilates principles with strength-building exercises, use light dumbbells, resistance bands, or body weight to sculpt and tone your body. Engage core, improve posture, build and incorporate elements of stretching and balance = win, win!

**SALSATION®** is a fun and addictive, functional dance workout. Learn the art of moving to world rhythms while getting fit; Don't dance? No worriers, no dance experience necessary!

**Step It Up!** – boost your daily Steps by elevating your heart, brain cognition, and mind with this engaging step cardio, functional strength, agility, balance, & core conditioning class. Exercises can be performed with or without using a step. Be ready to Step It Up!

**Yoga** – foundational yoga postures, balance poses, and breathing techniques are practiced to align, strengthen, and promote flexibility in the body and renew the mind body connection.

**Zumba** – Latin & international music with dance moves incorporating interval training to improve cardiovascular fitness.

**VINYASA Yoga** – smooth flowing poses paired w/ breath & movement to enhance mind-body connection. Focuses on strong poses to build strength and mobility while the mind-body and spirit improves mindfulness and lowers stress.