

**Eau Claire YMCA Group Exercise Schedule**  
**September 2nd, 2019 - December 22nd, 2019**  
**Fitness Training Center (FTC)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM	Just Pump DJ 6:00-6:50 AM		Aerobic Mix Kim 6:00-6:50 AM		Just Pump Julie 6:00-6:50 AM		
7:00 AM	Enhance Fitness Marilyn 7:00-7:50 AM		Enhance Fitness Marilyn 7:00-7:50 AM		Enhance Fitness Marilyn 7:00-7:50 AM		
8:00 AM	Low Impact Mix Marilyn 8:00-8:50 AM		Step Core Marilyn 8:00-8:50 AM	Chair Yoga Missy 8:00-8:50 AM	Cardio Muscle Mix Marilyn 8:00-8:50 AM	Zumba Toning Cindy 8:00-8:50 AM	
9:00 AM	Everybody's Kickboxing Sherri 9:00-9:50 AM	Cardio Fusion Cathie 9:00-9:40 AM	Everybody's Kickboxing Sherri 9:00-9:50 AM	Cardio Fusion Cathie 9:00-9:40 AM	Zumba Missy 9:00-9:50 AM	Calm Warrior Yoga Anthony 9:00-9:50 AM	
		Pi/Yo Fusion Cathie 9:45-10:25 AM		Pi/Yo Fusion Cathie 9:45-10:25 AM			
10:00 AM	Mindful Healing Yoga Ellie 10:00-10:50 AM	SBF Mary 10:30-11:20 AM	Yoga Wendi 10:00-10:50 AM	SBF Missy 10:30-11:20 AM	Butts and Guts Missy 10:00-10:30 AM	** Karate** Punch Card Needed 10:00 AM-12:00 PM	
12:00 PM	HIIT Nik 12:15-12:55 PM		HIIT Kristi 12:15-12:55 PM				
4:00 PM	HIIT Cathie 4:30-5:20 PM		HIIT Nik 4:30-5:20 PM				Zumba Sarah/Cinthia 4:30-5:20 PM
5:00 PM	Zumba Cindy 5:30-6:20 PM	Restorative Flow Emily 5:00 - 5:50 PM	Yoga Sandy 5:30-6:20 PM	Yoga DJ 5:00-5:50 PM			Butts and Guts Sarah/Cinthia 5:30-6:00 PM
6:00 PM	Restorative Flow Brittany 6:30-7:20 PM	Zumba Celena/Tara 6:00-6:50 PM	Zumba Toning Cindy/Tara/Jen 6:30-7:20 PM	Zumba Cinthia 6:00-6:50 PM			
7:00 PM					**Karate** Punch Card Needed 7:00-9:00 PM		

**Indoor Cycling Room - classes are 40 minutes**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Rotation	Laura	Traci	Laura	Traci		
7:30 AM						Rotation	
9:00 AM	Kristi	Sarah	Sara E	Sarah	Mary		
5:30 PM	Sara E	Michelle	Emily	Sara E			

**Swimming Pool**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Hydro Aerobics						
9:15 AM	Joint Efforts						
7:30 PM	AquaFit						

**Party Room - classes are 50 minutes**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM	SilverSneakers		SilverSneakers		SilverSneakers		
10:30 AM		Chair Yoga					

### **Aerobic Mix**

This upbeat workout combines high and low impact to challenge all fitness needs. A total fitness class lasting 50 minutes.

### **Butts and Guts**

This class focuses on strengthening the muscles of the core and glutes. These muscles are fundamental in carrying out activities of daily living and stabilizing your spine.

### **Calm Warrior Yoga**

A balanced practice to free up the body and steady the mind. Explore your edges with a peaceful and playful heart. Expect to leave feeling strong, calm, loose, and ready for the weekend!

### **Cardio Fusion**

This class is a blend of aerobic exercise designed by the instructor. Elements include step aerobics, BOSU ball, Hi/Lo aerobics, and kickboxing.

### **Cardio Muscle Mix**

Come to this high-energy class and get the complete workout! A combination of a cardio based workout, topped off with a muscle toning segment using a mix of equipment.

### **Chair Yoga**

Chair yoga is a type of mild yoga that involves sitting in a chair and also using it to support upright and standing poses. This is a popular class for those who have arthritis, injuries, or other limitations, and is frequently practiced by our Active Older Adults. A great way to start your day!

### **Enhance Fitness**

Enhance Fitness is a proven community-based senior fitness and arthritis management program. Format includes cardio endurance, strength, flexibility, and balance, which can help reduce arthritis symptoms. Free to members, but registration is required. Physical pre/post assessments included to track your progress!

### **Everybody's Kickboxing**

Join us for an energizing, entertaining, whole body workout designed for all levels and ages! Ever-changing music and choreography with an emphasis on kickboxing, dance, strength, balance and stretching, will leave you feeling great! Easy to follow and customize to your level!

### **HIIT**

Standing for High Intensity Interval Training, this class offers bouts of 100% effort followed by a short active rest. This type of training gets and keeps your heart rate up for the entire class. You can expect a variety of cardio, weighted, and unweighted exercises while you burn fat, increase your metabolism, all in a quick and convenient class.

### **Hydro Aerobics**

A water exercise class designed for all levels of physical fitness. The water environment puts less stress on your body's joints while adding resistance to help improve your muscle tone. No swimming ability is required, however, participants must be comfortable in deep water.

### **Indoor Cycling**

This class is a cardiovascular workout performed to music on a stationary bike. It is simple, fun, and easy to learn. This class is for everyone; all ages and fitness levels. You must reserve your bike ahead of time at the Welcome Desk. NEW PARTICIPANTS, please arrive 10 minutes early.

### **Joint Efforts**

Promotes low impact workout for adults with arthritis. This class will meet in the shallow portion of the pool. Sessions are on-going.

### **Just Pump**

An athletic-based workout using various weights and fitness "toys" working every major muscle group. Designed for all ages and fitness levels. This class will deliver quick results and tone and strengthen your body. A great way to stay in shape

### **Low Impact Mix**

A softer form of your favorite exercise that is a less jarring method of burning fat and enhancing the cardiovascular system. We will mix in both strength and cardio to make this a balanced workout.

### **Pi/Yo Fusion**

A combination of Pilates, Yoga and deep breathing techniques. A workout focusing on strength, flexibility, and core conditioning. All levels are encouraged to attend and experience the connection between long, lean muscles, and stress relief.

### **Restorative Flow**

A wonderful way to release and relax muscles. Poses are held for longer durations with an emphasis on support and comfort. This class blends supportive restorative postures, gentle yoga, and breathe work techniques for total relaxation of the body and the mind.

### **Silver Sneakers**

Have fun and move to the music through a variety of exercises designated to increase strength, range of movement, and activity for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support.

### **Strength, Balance and Flexibility (SBF)**

Build strength in all of the major muscle groups and core! Weights, resistance bands and stability balls will be used in this class, which places an equal emphasis on exercises to improve balance and flexibility. No jumping included.

### **Step Core**

This high energy step class is designed to challenge every major muscle group in the upper and lower body while improving cardiovascular fitness using a 12" step. High intensity effect on the cardiovascular system, yet low impact on the skeletal system. Class may include a core workout to complete the total body experience.

### **Yoga**

Start your Yoga journey here! Take the time to shed the distractions and enjoy a reconnection with your body senses. Concentration will be on exploring the essentials of breathing, posture, and lengthening, while learning basic yoga poses.

### **Zumba®**

Perfect for everybody; we take the "work" out of workout by mixing low intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World Rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.

### **Zumba® Toning**

Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks you'll work every muscle group while you groove.