



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING AEROBICS CLASSES

JOPLIN FAMILY YMCA

	MON	TUES	WED	THURS	FRI	SAT
5:15am		Spin® (S) w/ Julia		Spin® (S) w/ Julia		
6:00am	BodyPump® (S) w/ Erica PiYo® (D) w/Rebecca	RunFit (S) w/ Karen	BodyPump® (S) w/ Erica PiYo® (D) w/Rebecca	RunFit (S) w/ Corrie	BodyPump® (S) w/ Erica PiYo® (D) w/Rebecca	
8:00am	Low Impact Conditioning (S) w/ Janine		Low Impact Conditioning (S) w/ Janine			
8:30am	Spin® (S) w/ Shelby		Spin® (S) w/ Shelby		Spin® (S) w/ Shelby	
9:00am		BodyPump® (S) w/ Nikki		BodyPump® (S) w/ Nikki		Insanity (S) w/ Rebecca
9:30am	Step and Strength (S) w/ Janet	SilverSneakers® Classic (D) w/ Crystal	Circuit Training (S) w/ Lindsay	SilverSneakers® Classic (D) w/ Crystal	Step and Strength (S) w/ Janet	
10:00am		Zumba® (S) w/ Jenny		Zumba® (S) w/ Jenny		Zumba® (S) w/ Nikki
11:00am	Zumba Gold® (S) w/ Dave Active Older Adults (D) w/ Shannon	Active Older Adults (S) w/ Karen	Zumba Gold® (S) w/ Dave Active Older Adults (D) w/ Shannon	Active Older Adults (S) w/ Karen	Zumba Gold® (S) w/ Dave Active Older Adults (D) w/ Shannon	
12:10pm	H.I.I.T. (D) w/ Olivia	H.I.I.T. (D) w/ Olivia Circuit Training (S) w/ Jacque	H.I.I.T. (D) w/ Karen	H.I.I.T. (D) w/ Olivia Circuit Training (S) w/ Jacque	H.I.I.T. (D) w/ Olivia	
2:00pm	SilverSneakers® Classic (S) w/ Karen		SilverSneakers® Classic (S) w/ Karen		SilverSneakers® Classic (S) w/ Karen	
4:00pm	BodyPump® (S) w/ Lori		BodyPump® (S) w/ Lori			
4:15pm	Spin® (S) w/ Nancy	Y Fit Kid Army (S) w/ Alex Spin® (S) w/ Carolyn	Spin® (S) w/ Nancy	Y Fit Kid Army (S) w/ Alex Spin® (S) w/ Carolyn		
4:30pm	Zumba® (D) w/ Erica		Zumba® (D) w/ Erica			
5:10pm		Hardcore Abs (S) w/ Nikki		Hardcore Abs (S) w/ Nikki		
5:30pm	Yoga (D) w/ Roger Bootcamp (S) w/ Christa Spin® (S) w/ Nancy	Circuit Training (D) w/ Alex Zumba® (S) w/ Nikki Spin® (S) w/ Carolyn	Yoga (D) w/ Roger Bootcamp (S) w/ Christa Spin® (S) w/ Nancy	Circuit Training (D) w/ Alex Zumba® (S) w/ Nikki Spin® (S) w/ Carolyn	Yoga (D) w/ Roger Bootcamp (S) w/ Christa	
6:15pm	Zumba® and Zumba® Toning (H) w/ Lisa		Zumba® and Zumba® Toning (H) w/ Lisa			

Classes held at Downtown are marked with a (D), classes at South are marked with (S) and classes at Heritage are marked with (H).
All classes are free to members. Nonmembers may purchase a day pass for \$6 to participate in classes.



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AEROBICS CLASS DESCRIPTIONS:

ACTIVE OLDER ADULTS: A fun, friendly class designed especially for the needs of older adults. Designed to help maintain health and the functional abilities you need to help you stay active. Recommended for ages 40–70.

BODYPUMP®: Full-body barbell workout shapes and tones your entire body, increases core strength and improves bone health. (First-come, first-served. We have equipment for 20 participants in each class period.)

BOOTCAMP: Strength, cardio, endurance and flexibility for a full body workout.

CIRCUIT TRAINING: High-intensity workout utilizing a total body cardio and conditioning circuit.

HARDCORE ABS: High-intensity class focusing specifically on the core.

H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING): H.I.I.T. uses various forms of strength training and cardiovascular training to burn more calories in a shorter amount of time.

INSANITY®: Based on max interval training, this class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance and core training.

LOW IMPACT CONDITIONING: Moderate-intensity class designed to help improve core strength, balance and flexibility.

PIYO®: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And we crank up the speed to deliver a true fat-burning, low-impact workout.

RUNFIT: Circuit training class geared to runners. RunFit will include strength training as well as running. All levels of runners will benefit.

SILVERSNEAKERS® CLASSIC: Have fun and move to the music with exercises designed to increase muscle strength, range of motion and ability to do activities for daily living. A chair is available if needed for seated or standing support. Recommended for ages 60 and up.

SPIN®: High- to moderate- intensity cycling class.

STEP AND STRENGTH: High-intensity class utilizing basic to intermediate step choreography plus strength training.

Y FIT KID ARMY: Youth ages 6–13, have fun and get fit. Learn basic exercises, proper form and equipment safety. Open to the community.

YOGA: Moderate-intensity class includes flowing postures designed to create strength and flexibility.

ZUMBA®: Dance class set to international music, sure to get your cardio going.

ZUMBA® AND ZUMBA® TONING: Dance class set to international music. Also uses Zumba® toning sticks to strengthen your core and sculpt your muscles.

ZUMBA GOLD®: Provides modified, low-impact moves for older adults, so you move to the beat at your own speed.