



JOPLIN FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASSES

	MON	TUES	WED	THURS	FRI	SAT
5:15am		Spin® (S) w/ Julia		Spin® (S) w/ Julia		
6:00am	BodyPump® (1) w/ Erica PiYo® (2) w/ Allison	RunFit (2) w/ Karen	BodyPump® (1) w/ Erica PiYo® (2) w/ Allison	RunFit (2) w/ Corrie	BodyPump® (1) w/ Erica PiYo® (2) w/ Allison	
8:00am	Low Impact Conditioning (2) w/ Janine		Low Impact Conditioning (2) w/ Janine			Queenax® Circuit (Q) w/ Corrie
8:30am	Spin® (S) w/ Shelby		Spin® (S) w/ Shelby		Spin® (S) w/ Shelby	
9:00am	Active Older Adults (1) w/ Shannon	BodyPump® (1) w/ Nikki SilverSneakers® Classic (2) w/ Crystal	Active Older Adults (1) w/ Shannon	BodyPump® (1) w/ Nikki SilverSneakers® Classic (2) w/ Crystal	Active Older Adults (1) w/ Shannon	Yoga (1) w/ Wen Wen
9:30am	Step and Strength (2) w/ Janet Pick-up Pickleball (G) (9:30am-11:30am)		Circuit Training (2) w/ Lindsay Pick-up Pickleball (G) (9:30am-11:30am)		Step and Strength (2) w/ Janet Pick-up Pickleball (G) (9:30am-11:30am)	
10:00am		Zumba® (G) w/ Jenny		Zumba® (G) w/ Jenny		Zumba® (G) w/ Nikki
11:00am	Zumba Gold® (1) w/ Jenny	Active Older Adults (2) w/ Karen	Zumba Gold® (1) w/ Jenny	Active Older Adults (2) w/ Karen	Zumba Gold® (1) w/ Jenny	
12:10pm	H.I.I.T. (2) w/ Olivia	H.I.I.T. (2) w/ Alex Pick-up Basketball (G)	H.I.I.T. (2) w/ Olivia	H.I.I.T. (2) w/ Alex Pick-up Basketball (G)		
2:00pm	SilverSneakers® Classic (1) w/ Karen	High School Circuit (Q) w/ Karen	SilverSneakers® Classic (1) w/ Karen		SilverSneakers® Yoga (1) w/ Karen	Pick-up Pickleball (G) (1pm-3pm)
4:00pm	BodyPump® (1) w/ Lori		BodyPump® (1) w/ Lori			
4:15pm	Spin® (S) w/ Nancy	Y Fit Kid Army (G) w/ Alex Spin® (S) w/ Carolyn	Spin® (S) w/ Nancy	Y Fit Kid Army (G) w/ Alex Spin® (S) w/ Carolyn		
4:30pm	Zumba® (2) w/ Erica		Zumba® (2) w/ Erica			
5:10pm		Hardcore Abs (2) w/ Nikki (20 min)		Hardcore Abs (2) w/ Nikki (20 min)		
5:30pm	Yoga (1) w/ Roger Bootcamp (2) w/ Christa Queenax® Circuit (Q) w/ Kara Spin® (S) w/ Nancy	Circuit Training (2) w/ Alex Zumba® (G) w/ Nikki Spin® (S) w/ Carolyn	Yoga (1) w/ Roger Bootcamp (2) w/ Christa Queenax® Circuit (Q) w/ Kara Spin® (S) w/ Nancy	Circuit Training (2) w/ Alex Zumba® (G) w/ Nikki Spin® (S) w/ Carolyn	Yoga (1) w/ Roger Bootcamp (2) w/ Christa	
6:15pm	Zumba® and Toning (H) w/ Lisa		Zumba® and Toning (H) w/ Lisa			
6:30pm		Yoga (1) w/ Wen Wen		Yoga (1) w/ Wen Wen		

1= Fitness Studio 1 (On 1st Floor) 2= Fitness Studio 2 (On 2nd Floor) Q= Queenax (On 2nd Floor) S= Spin Studio G= Gym H= Heritage
All classes are free to members. Nonmembers may purchase a day pass for \$6 to participate in classes.
All classes are 50 minutes in length unless otherwise specified.

Updated 08/01/17



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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 24 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.

HIGH SCHOOL CIRCUIT: Every Tuesday through August 15! Students can fight the summer slide by engaging in agility and strength training on our Queenax by Precor. Super-functional circuit training gives a total body workout! (Limited to the first 14 members).

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

PICK-UP BASKETBALL: Designated time for free-play games. All members are welcome for this member-led activity.

PICK-UP PICKLEBALL: This is a member-led session, everyone welcome. Pickleball is a fun paddle sport that combines elements of tennis, badminton and ping-pong. The rules are simple, and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game for experienced players.

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.

QUEENAX® CIRCUIT: Challenge your workout routine by learning how to use the Queenax. This class is fast-moving, high-energy and circuit-based that incorporates strength, endurance, and cardio. (Limited to the first 14 members).

RUNFIT: Circuit training class geared to runners. RunFit will include running and strength training. 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.

SILVERSNEAKERS® YOGA: Move your body through a series of yoga postures to increase flexibility, balance, and range of movement. Promote stress reduction and mental clarity. Chair support assists various poses.

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

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

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