



JOPLIN FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASSES

| | MON. | TUES. | WED. | THURS. | FRI. | SAT. |
|----------|---|---|---|---|---|--|
| 5:15 am | | Spin® (S) w/ Julia | | Spin® (S) w/ Julia | | |
| 6:00 am | BodyPump® (1) w/ Erica PiYo® (2) w/ Allison | RunFit (2) w/ Christy | BodyPump® (1) w/ Erica PiYo® (2) w/ Allison | Queenax® RunFit (Q) w/ Karen | BodyPump® (1) w/ Erica PiYo® (2) w/ Allison | |
| 8:00 am | Low Impact Conditioning (2) w/ Janine | | Low Impact Conditioning (2) w/ Janine | | | |
| 8:30 am | Spin® (S) w/ Shelby | Competitive Pickleball (G) (8:30am-11:00am) | Spin® (S) w/ Shelby | Competitive Pickleball (G) (8:30am-11:00am) | Spin® (S) w/ Shelby | BodyPump® (1) w/ Kristin |
| 9:00 am | Active Older Adults (1) w/ Kara Step and Strength (2) w/ Janet | BodyPump® (1) w/ Nikki | Active Older Adults (1) w/ Kara | BodyPump® (1) w/ Nikki | Active Older Adults (1) w/ Kara Step and Strength (2) w/ Janet | |
| 10:00 am | | Zumba® (G) w/ Rene' | | Zumba® (G) w/ Rene' | | Yoga (1) w/ Wen Wen Zumba® (G) w/ Nikki |
| 11:00 am | Zumba Gold® (1) w/ Lisa | Active Older Adults (2) w/ Karen | Zumba Gold® (1) w/ Lisa | Active Older Adults (2) w/ Karen | Zumba Gold® (1) w/ Chasity | |
| 12:10 pm | H.I.I.T. (2) w/ Olivia | | H.I.I.T. (2) w/ Olivia | | H.I.I.T. (2) w/ Olivia | |
| 2:00 pm | SilverSneakers® Classic (1) w/ Karen | SilverSneakers® Yoga (1) w/ Karen | SilverSneakers® Classic (1) w/ Karen | SilverSneakers® Yoga (1) w/ Karen | | |
| 4:00 pm | BodyPump® (1) w/ Dan | | BodyPump® (1) w/ Dan | | | |
| 4:15 pm | Spin® (S) w/ Nancy | Spin® (S) w/ Brent | Spin® (S) w/ Nancy | Spin® (S) w/ Brent | | |
| 5:10 pm | | Hardcore Abs (2) w/ Nikki (20 min) | | Hardcore Abs (2) w/ Nikki (20 min) | | |
| 5:30 pm | Yoga (1) w/ Roger Queenax® Circuit (Q) w/ Karen Spin® (S) w/ Nancy H.I.I.T. (2) w/ Jacque | Bootcamp (2) w/ Kara Zumba® (G) w/ Nikki Spin® (S) w/ Brent BodyPump® (1) w/ Kristin | Yoga (1) w/ Roger Spin® (S) w/ Nancy H.I.I.T. (2) w/ Jacque | Bootcamp (2) w/ Kara Zumba® (G) w/ Nikki Spin® (S) w/ Brent BodyPump® (1) w/ Kristin | Yoga (1) w/ Roger | |
| 6:30 pm | Zumba® and Toning (2) w/ Lisa | Yoga (1) w/ Wen Wen | Zumba® and Toning (2) w/ Lisa | 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
All classes are free to members. Nonmembers may purchase a day pass for \$10 to participate in classes.
All classes are 50 minutes in length unless otherwise specified.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

COMPETITIVE PICKLEBALL: A member-led session intended for intermediate to advanced Pickleball players.

FUEL UP, STAY FIT: This FREE, two-component program for kids will only be offered over the summer! First, fuel up at the Y with a FREE, nutritious meal at 3:30pm in the Community Room (meals available for ages 0-18)! Next, join us in the gym for structured games and activities (activities designed for ages 6-13). Kiddos can come to both components or choose one! (Meal only on Fri.)

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.

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.

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 (QUEENAX® 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 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.

TURBO KICK®: A fat-blasting, ab-defining cardio workout that mixes kickboxing, simple dance moves and H.I.I.T. training to create a party-inspired atmosphere.

Y FIT KID ARMY: (please see FUEL UP, GET FIT).

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

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