



# 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		Spin® (S) w/ Shelby		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/ Crystal		BodyPump® (1) w/ Crystal			
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	Queenax® Circuit (Q) w/ Karen Spin® (S) w/ Nancy H.I.I.T. (2) w/ Jeffrey	Bootcamp (2) w/ Kara Zumba® (G) w/ Nikki Spin® (S) w/ Brent BodyPump® (1) w/ Dan	Spin® (S) w/ Nancy H.I.I.T. (2) w/ Jeffrey	Bootcamp (2) w/ Kara Zumba® (G) w/ Nikki Spin® (S) w/ Brent BodyPump® (1) w/ Dan		
6:30 pm	Zumba® and Toning (2) w/ Lisa		Zumba® and Toning (2) w/ Lisa			
6:45 pm		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  
**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.**



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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.

**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.