



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	Selah Yoga (1) w/ Rebecca RunFit (2) w/ Karen	BodyPump® (1) w/ Erica PiYo® (2) w/ Allison	Selah Yoga (1) w/ Rebecca 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			
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	Active Older Adults (1) w/ Shannon	BodyPump® (1) w/ Nikki	Active Older Adults (1) w/ Shannon	Yoga (1) w/ Wen Wen Queenax® Circuit (Q) w/ Corrie
9:30am	Step and Strength (2) w/ Janet Pick-up Pickleball (G) (9:00am-11:00am)		H.I.I.T. (2) w/ Shelby Pick-up Pickleball (G) (9:00am-11:00am)		Step and Strength (2) w/ Janet Pick-up Pickleball (G) (9:00am-11:00am)	
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		SilverSneakers® Yoga (1) 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		SUNDAY
5:10pm		Hardcore Abs (2) w/ Nikki (20 min)		Hardcore Abs (2) w/ Nikki (20 min)		Zumba (2) w/ Palme at 3:00pm
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	Kickboxing (2) w/ Kara	Yoga (1) w/ Wen Wen	Kickboxing (2) w/ Kara	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.

Effective 10/01/17



CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®
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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.

KICKBOXING: Martial arts style cardio workout to help you develop a strong mind and body connection. Learn proper technique for punches and kicks while ramping up your fitness level to increase cardiovascular endurance, muscular strength, core integration and flexibility. No experience necessary!

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.

SELAH YOGA: The Y has always focused on spirit, mind and body. Selah yoga brings a gentle focus on faith, quieting your spirit, and opening your mind. Stretch your body and soul- this class is appropriate for both beginners and the advanced.

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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