



GROUP EXERCISE SCHEDULE

SHELBY COUNTY YMCA

Updated: July

317-398-5230

Exercising three (3) times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

MON	TUE	WED	THURS	FRI	SAT	SUN
CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm	CHILDWATCH HRS: 9am-12pm	CHILDWATCH HRS: CLOSED
	6:30-7:25am Strength & Endurance Lisa	6:30-7:25am Instructors Choice Joanie	6:30-7:25am Strength & Endurance Lisa		9:05-10:00am Dance Instructor Rotation	
	8-8:45am Bands & Core April	9-9:55am Strength & Endurance Kelly	9:00-9:45am CYCLE Bill	9-9:55am PUMPED Hailey	10:30-11:25am YIN YOGA Angie	
9-9:55am SILVERSNEAKERS® CLASSIC-Carolyn	9-9:25am Cardio HIIT April	9-9:55am SILVERSNEAKERS® CLASSIC- Carolyn		9-9:55am SILVERSNEAKERS® CLASSIC- Carolyn		
9-9:55am Group Power® Hailey	9:30-10am Flexibility Flow April					
10:00-10:45am Flexibility Flow April	10:15-11:15am YOGA STRONG Sarah	10:00-10:45am PILATES April	10:15-11:15am ALL LEVELS YOGA Sarah	10:15-11:15am ALL LEVELS YOGA Sarah		
10-10:55am SILVERSNEAKERS® CLASSIC- Carolyn	10-10:55am SILVERSNEAKERS® STABILITY-Hannah	10-10:55am SILVERSNEAKERS® CLASSIC- Carolyn	10-10:55am SILVERSNEAKERS® STABILITY-Hannah	10-10:55am SILVERSNEAKERS® CLASSIC-Carolyn		
11-11:55am SILVERSNEAKERS® CLASSIC- Carolyn	11-11:55am SILVERSNEAKERS® STABILITY- Hannah	11-11:55am SILVERSNEAKERS® CLASSIC- Carolyn	11-11:55am SILVERSNEAKERS® STABILITY- Hannah	11-11:55am SILVERSNEAKERS® CLASSIC-Carolyn		
	5:30-6:15pm ADVENTURE CYCLE Lorraine		5:30-6:15pm BEGINNER CYCLE David			
		5:30-6:25PM DANCE FITNESS Lori				
6:30-7:25pm Hatha Yoga Angie	6:30-7:25PM SHiNE® Amy		6:30-7:25PM SHiNE® Chrissy			
	7:40-8:35PM YIN YOGA Angie		7:40-8:35PM RESTORATIVE YOGA Angie			

CLASS COLOR CODE:

CARDIO

DANCE

STRENGTH

Active Older
Adults

MIND /BODY

CYCLE



GROUP EXERCISE SCHEDULE SHELBY COUNTY YMCA

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TABATA– Effective interval class that will consist of several sets of faced paced –high effort exercises, followed by recovery sets.

Cardio HIIT: A high-energy class designed to burn calories and improve cardiovascular fitness using bursts of intense exercise with small rests in between.

SHiNE® – This empowering dance class is more than just choreography. With the combination of cardio and toning while dancing to original hit songs, this class will always leave you wanting more!

ZUMBA® – A Latin-inspired dance fitness class with body-moving music make this a dynamic, exciting and effective fitness system. By combining varying rhythms that tone & sculpt, you achieve a balance of cardio and muscle toning benefits.

GROUP POWER- Cutting edge strength training workout designed to get you muscle and movement strong. Combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, a step, heart pounding music, and expert coaching!

PUMPED– A barbell-based workout that's specifically designed to help you get lean, toned and fit. With high reps and low weights, you are sure to work every muscle group.

STRENGTH & ENDURANCE- This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. All muscle groups will be engaged with dynamic and isometric movements.

Bands & Core: A low-impact, full body strengthening class using small exercise bands. There is a focus on hip and core development to improve stability, balance, and coordination.

BEGINNER CYCLE- This 30-minute class is perfect for those new to indoor cycling and/or building up fitness, but still takes care of business with an excellent hard workout. This class will cover proper alignment and provide guidelines for gears, exertion and RPMs for various drill types. Class is appropriate for all levels.

CYCLE-This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!

HATHA YOGA: Is a slow gentle style of yoga with a blend of standing and seated postures with a focus on breathing and meditation.

YIN YOGA: Relaxing style of yoga that is suitable for all. There are no standing poses and instead the emphasis is on longer held seated poses to focus on deep connective tissues. This style mobilizes and strengthens joints, ligaments and deep fascial networks.

ALL LEVEL YOGA: Basic Yoga postures and breathing techniques for the beginner to advanced participant. This class will help strengthen the body awhile also promoting relaxation.

MAT PILATES: Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. The basic principles of breath and control will be emphasized while learning to isolated the working muscles.

Flexibility Flow: A full-body stretching class to improve flexibility and range of motion through a series of gentle, guided stretches based on yoga principles.

SILVERSNEAKERS® CLASSIC: focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers® ball. Often a chair is used for seated exercises or standing support

SILVERSNEAKERS® STABILITY Improve your balance and strength with movements that focus on the knee, hip and ankle joints while improving reaction time.

SILVERSNEAKERS® Classes are included in the SilverSneakers® membership!



ACTIVE OLDER ADULTS EXERCISE SCHEDULE

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AOA / SilverSneaker classes
Are located in the
Gymnasium

The Group Exercise Schedule
has these classes and more

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SILVERSNEAKERS® STABILITY Improve your balance and strength with movements that focus on the knee, hip and ankle joints while improving reaction