

# GROUP EXERCISE SCHEDULE

# GAHANNA YMCA

# SUMMER SESSION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Cycle		Cycle		Cycle	<b>Session Dates: June 8 - August 2</b>	
6:30 AM	6:00-6:55a		6:00-6:55p		6:00-6:55a		
7:00 AM			Flex-Stretch: 7:30-8:25a				
7:30 AM	Yoga (\$) : 8:30-9:25a						
8:00 AM						Cycle	
8:30 AM	Strength & Tone	Step & Strength	Pilates	Step	Circuit Training	Instructor's Choice	
9:00 AM	8:30-9:25a	8:30-9:25a	8:30-9:25a	8:30-9:25a	8:30-9:25a	8:30-9:25	
9:30 AM	Exercise Fusion	Cycle	Boot Camp	Fusion 45	Kick Box Fusion	Strength & Tone	
10:00 AM	9:30-10:25a	9:30-10:25a	9:30-10:25a	9:30-10:15a	9:30-10:25a	9:30-8:25a	<b>Yoga, Pilates, PiYo held in OSU Room</b>
10:30 AM	50/50	Circuit Training	Strength and Tone	Fusion 45	Cycle	Cycle	
11:00 AM	10:30-11:25a	10:30-11:25a	10:30-11:25a	10:15-11:00a	10:30-11:25a	10:30-11:25a	
11:30 AM		PiYo : 6 - 6:55p					
12:00 PM		Yoga (\$) : 7-7:55p		Pilates : 6:00 -6:55p	Pilates (outside) : 9:30-10:25a	Yoga (\$) : 9:00-9:55a Pilates : 10:30-11:25a	(\$ = Fee based class
to							
4:00 PM							
4:30 PM	Cycle	Exercise Fusion	Strength and Tone	Cycle			Yoga (\$) :
5:00 PM	4:30-5:25p	4:30-5:25p	4:30-5:25a	4:30-5:25p			4:00-4:55p
5:30 PM	Circuit Training	Step & Sculpt	Double Step	Sports Conditioning			
6:00 PM	5:30-6:25p	5:30-6:25p	5:30-6:25p	5:30-6:25p			
6:30 PM	T.A.G	Strength & Tone	Cardio Kickbox	Strength & Tone			
7:00 PM	6:30-7:25p	6:30-7:25p	6:30-7:25p	6:30-7:25p			
7:30 PM	Cardio Kickboxing	Cycle	Cycle	Dance Fusion			
8:00 PM	7:30-8:25p	7:30-8:25p	7:30-8:30p	7:30-8:25p			
8:30 PM							
9:00 PM							
9:30 PM	<b>Youth under the age of 16 must complete Iron Teens to participate in Group Exercise Classes</b>					<b>Schedule Subject to Change</b>	



## Circuit Training

*This cross training aerobic class alternates between cardio and muscle conditioning stations and exercises.*

## Core Conditioning

*The abs class redefined. This class works on strengthening the abdominals and back to improve stability and strength.*

## Strength & Tone

*Strengthen and tone your entire body using various equipment. Beginner to advanced*

## Cycle

*Come ready for the ride of your life! This class has it all: hills, sprints, intervals & more. Come ready to sweat & have a good time!*  
*\*\*Reserve your bike by signing the Cycle Book on Fitness Floor.*  
*Strength training class that targets Thighs, Abs & Glutes.*

## Fusion 45

## Yoga

## PiYo

## Kick Box Fusion

## Exercise Fusion

## Latino Fusion

## Instructor's Choice

## 50/50

## BootCamp

*Condensed & Intense version of Exercise Fusion. Strength & stretch through traditional Yoga moves*

*Class that combines both Yoga & Pilates. Kick Boxing workout with added strength & cardio.*

*It takes the traditional Strength & Tone class and pumps it up a notch to elevate the heart rate.*

*Cardiovascular program with Latin dance moves.*

*Come Prepared for anything! Different Instructor each week with a fun class prepared.*

*50% High Intensity Cardio- 50% Strength Training High Energy cardio class which incorporates Boot Camp drills & Kick Boxing.*

6/8/2009 T.A.G

**YMCA Mission:** *To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind, and body*