

WELLNESS PROGRAM CLASS SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Abs-Strength *Fee: M \$8, NM \$48		10:00-11:00 a.m. Tina		10:00-11:00 a.m. Tina		
Awesome Abs *Fee: M \$8, NM \$24	4:55-5:25 p.m. Candee		4:55-5:25 p.m. Candee			
Barbell Workout *Fee: M \$8, NM \$48	8:45-9:30 a.m. Tonya	7-7:45 p.m. Juli	8:45-9:30 a.m. Tonya	7-7:45 p.m. Juli	8:45-9:30 a.m. Tonya	
Boot Camp (Gym) *Fee: M \$8, NM \$48	9:30-10:25 a.m. Aimee		9:30-10:25 a.m. Aimee			
Cardio/Abs "Fusion" *Fee: M \$8, NM \$48		5:45-6:45 p.m. Pam		5:45-6:45 p.m. Pam		
Core Pole (Room 306) *Fee: M \$8, NM \$24 Core Pole Plus (Room 306) **Fee: M \$8, NM \$48	*12:15-12:40 p.m. Sherry	*11:35-12:15 p.m. Sherry **4:45-5:45 p.m. Lisa	*12:15-12:40 p.m. Sherry	*11:35-12:15 p.m. Sherry **4:45-5:45 p.m. Lisa		
Friday Night Workout *Fee: M \$8, NM \$24					5:45-6:45 p.m. Stacey	
Hi/Low Aerobics YMCA *Fee: M \$8, NM \$48 *** Class at SUM Church **Class at Immanuel Methodist Church	9:40-10:40 a.m. Tracy 5:30-6:25 p.m. Sandy ***8:00-9:00 p.m. Marsha		9:40-10:40 a.m. Tracy 5:30-6:25 p.m. Sandy ***8:00-9:00 p.m. Marsha		9:40-10:40 a.m. Tracy	
Kettle Bell Pump *Fee: M \$8, NM \$24 **Fee: M \$8 NM \$12	6:45-7:15 p.m. Rachel 7:30-8:00 p.m. Rachel	9:00-9:30 a.m. Stacy 4:30-5:00 p.m. Angie	6:45-7:15 p.m. Rachel 7:30-8:00 p.m. Rachel	9:00-9:30 a.m. Stacy 4:30-5:00 p.m. Angie		9:00-9:30 a.m. Angie
NOON Zumba *Fee: M \$8, NM \$25		12:10-12:40 p.m. Linda		12:10-12:40 p.m. Linda		
Pilates (Room 337) *Fee: M \$8, NM \$48 **Fee: M \$16, NM \$24		6-6:55 p.m. Michelle		6-6:55 p.m. Michelle		9:30-10:25 a.m. Megin
Silver Sneakers (Room 306) *Fee: M FREE, NM \$48	10:30-11:25 a.m. Tonya	1:00-2:00 p.m. Pam	10:30-11:25 a.m. Tonya	1:00-2:00 p.m. Pam		
Stability Ball/Core Training Workout **Fee: M \$8, NM \$34 <i>Class includes weight training</i>	**12:45-1:15 p.m. Tina	8:00-8:45 a.m. Robin	**12:45-1:15 p.m. Tina	8:00-8:45 a.m. Robin	**12:45-1:15 p.m. Tina	
Step Aerobics *Fee: M \$8, NM \$24 ** Fee: M \$8, NM \$24	12:10-12:40 p.m.** Tina	9:30-9:55 a.m. Stacy	12:10-12:40 p.m.** Tina	9:30-9:55 a.m. Stacy	12:10-12:40 p.m.** Tina	
Tai Chi *Fee: M \$8, NM \$24						10:45-11:45 a.m. Mike
Yoga YMCA (Room 338) Fee: M \$8, NM \$48 (2 days/wk) M \$8, NM \$24 (1 day/wk)	9:30-10:15 a.m. Robin 5:45-6:45 p.m. Sharon	9:00-9:45 a.m. Nancy	9:30-10:15 a.m. Robin 5:45-6:45 p.m. Sharon	9:00-9:45 a.m. Nancy	6-6:55 a.m. * Gayle	
Yogalatics *Fee: M \$8, NM \$48					9:30-10:25 a.m. Tina	
Zumba PLUS *Fee: M \$8, NM \$48 In Gym	6:45-7:45 p.m. Stacey		6:45-7:45 p.m. Stacey			

All classes held in studio unless location is noted. ALL land group exercise classes are \$8 per session unless otherwise noted.

CARDIOVASCULAR & STRENGTH CLASSES**Step Aerobics**

Stepping is a low-impact, high-intensity workout involving stepping up and down on a 4-inch, 6-inch and 8-inch bench (depending on intensity of workout desired) while performing upper torso movements. Stepping shapes, tightens and defines muscles as well as burns fat. Step class is performed to music and appeals to both men and women. Strength and flexibility exercises are included.

Monday, Wednesday, Friday: 12:10 p.m.
Tuesday, Thursday: 9:30 a.m.

Boot Camp

Bringing back the basics and combining them with high-intensity combinations will create the base for our new Boot Camp class. Finish with demanding ab work and an invigorating stretch, and be ready to tackle (or end) your day.

Monday, Wednesday: 9:30 a.m.

Hi/Low Aerobics

This is a co-ed aerobic workout containing simple high-energy *choreographed* routines, stretches to increase flexibility plus exercises to tighten and tone arms, thighs, hips and abdomen.

Monday, Wednesday, Friday: 9:40 a.m.
Monday, Wednesday: 5:30 p.m.
Shawnee United Methodist Church—Monday and Wednesday: 8:00 p.m.
Immanuel Methodist—Tuesday, Thursday: 6:00 p.m.

Core Pole Cardio

Our Core Pole Workout can deliver strength, cardio, stability and flexibility in one workout. With the resistance bands, you have a full range of motion and varying degrees of resistance. This is one class that keeps the “group” in group exercise.

Tuesday, Thursday: 11:35 a.m. - Monday, Wednesday: 12:10 p.m.

Core Pole Plus

Core Pole Plus is a 30-minute core pole cardio class followed by 30-minutes of ab work. Core Pole Plus is a great full body workout.

Tuesday, Thursday: 4:45 p.m.

Awesome Abs

Join us for this great class with exercises that work specifically on your core muscles (abs and back) and burn calories.

Monday, Wednesday: 5:00 p.m.

Cardio-Abs “Fusion”

Cardio-Abs Fusion challenges participants on Tuesdays and Thursdays at 5:45 p.m. with a variety of workouts. Class includes resistance training, ab training and cardio workouts.

Tuesday, Thursday: 5:45 p.m.

ZUMBA PLUS

If you're looking to mix up your workouts, look no further! The Lima Family YMCA is offering a dance-based fitness program called Zumba. Infusing Latin, African, and Eastern sounds, Zumba works you to the funky beats and leaves you feeling great. Our Zumba class will include additional ab and floor work. Class located in gym.

Monday, Wednesday: 6:45 p.m.

Abs-Strength

This class will focus on your core but will also have an additional strength component for a full body strengthening workout.

Tuesday, Thursday: 10:00 a.m.

Barbell Workout

The Barbell Workout is a strength training interval workout designed to safely work every muscle group and boost metabolism. A trained instructor leads the class through a variety of routines set to music. Participants may add or take off weight as needed to fit their level of conditioning.

Monday, Wednesday, Friday: 8:45 a.m.
Tuesday, Thursday: 7 p.m.

NEW-Family Kettle Bell Pump

Join us each Tues. & Thurs. from 5:15– 5:45 p.m. in room 337 for this Kettle Bell class which is geared toward families that would like to exercise together! For ages 12 and up! Children 12-15 must be accompanied by an adult.

FEE: Members FREE; Non-members \$24

**Value added to membership*

Kettle Bell Pump

Our certified Kettle Bell Pump instructor will push you to your limits to shape every muscle, achieve functional strength, drop inches, increase flexibility, reduce body fat and improve your cardiovascular system. This class uses the Russian Kettle Bells to help anyone acquire the kind of functional strength that's valuable in almost any area of endeavor drop inches and weight, or both.

Monday and Wednesday: 6:45-7:15 p.m. & 7:30-8:00 p.m.
Tuesday and Thursday: 9:00-9:30 a.m.
Saturday: 9:00-9:30 a.m.
Tuesday and Thursday 4:30-5:00 p.m.

MIND/BODY (STRENGTH & FLEXIBILITY)**Stability Ball/Core Training Workout**

Performing exercises on the stability ball has been proven to be the best training for core muscles (abs, back & oblique's). The ball will also be used for working your arms & legs.

Tuesday, Thursday: 8 a.m.
Monday, Wednesday, Friday: 12:45 p.m.

Pilates

Developed by Joseph Pilates, this class is designed to concentrate on strengthening core muscles. It will build strong but very long and lean muscles, increase flexibility and relieve stress.

Tuesday, Thursday: 6 p.m.
Saturday 9:30 p.m.

Yoga

YMCA Yoga is a Power Yoga class focusing on flexibility, balance, body awareness, breathing and relaxation techniques.

Monday, Wednesday: 9:30 a.m.
Tuesday, Thursday: 9 a.m.
Friday: 6 a.m.

Tai Chi

Tai Chi can improve your lower body strength, help with arthritis pain, increase flexibility and much more. Tai Chi is performed with slow, deliberate movements with an emphasis on mental imagery and breathing and creates balance and a sense of calm.

Saturday: 10:45 a.m.