



GROUP FITNESS SCHEDULE - WINTER 2019

Copper Basin Family YMCA

Schedule Effective February, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-6:00		TOTAL BODY Dana GF Room		TOTAL BODY Dana GF Room		
8:10-9:10	STRENGTH TRAIN Rebecca GF Room	ACTIVE Rebecca GF Room		STRENGTH TRAIN Rebecca GF Room	ACTIVE Rebecca GF Room	
8:30-9:00			CORE FOCUS Stepanie GF Room			
9:15-10:15	WATER FITNESS Megan Pool		WATER FITNESS Megan Pool		WATER FITNESS Megan Pool	
9:15-10:00	CYCLE TOGETHER Rebecca Cycle Studio		CYCLE TOGETHER Rebecca Cycle Studio		CYCLE TOGETHER Rebecca Cycle Studio	CYCLE Dana Cycle Studio
9:15-10:15	ZUMBA Jennifer GF Room	DEFEND Stephanie GF Room	ZUMBA Jennifer GF Room	DEFEND Stephanie GF Room	ZUMBA Jennifer GF Room	
9:15-10:15	JUMPSTART Stephanie		JUMPSTART Stephanie		JUMPSTART Stephanie	
10:00-11:00						STRENGTH TRAIN Hilari GF Room
10:15-11:15	JUMPSTART Reggie		JUMPSTART Reggie		JUMPSTART Peter	
10:15-11:15	BALANCE & FLEX Jennifer GF Room	BEGINNERS YOGA Jaqueline GF Room	BALANCE & FLEX Jennifer GF Room	BEGINNERS YOGA Jaqueline GF Room	BALANCE & FLEX Jennifer GF Room	
11:30-12:30	SILVER SNEAKERS CLASSIC Reggie		SILVER SNEAKERS CLASSIC Reggie		SILVER SNEAKERS YOGA Peter	
5:00-5:55						
5:30-6:25	YOGA Candice GF Room		YOGA Jaqueline GF Room			
6:00-6:45		CYCLE Lisa Cycle Studio		CYCLE Lisa Cycle Studio		
6:00-6:55				ZUMBA MaryLou GF Room		
6:30-7:25	ZUMBA MaryLou GF Room		POUND Rashell GF Room			
7:00-8:00		STRENGTH TRAIN Vartan GF Room		STRENGTH TRAIN Hilari GF Room		
7:30-8:00	CORE FOCUS Stepanie GF Room		CORE FOCUS Stepanie GF Room			

BRANCH HOURS
 MON.-THURS.
 4:30am - 9:00pm
 FRIDAY
 4:30am - 7:00pm
 SATURDAY
 8:00am-6:00pm
 SUNDAY
 12:00pm-5:00pm

AMAZING KIDS & THE CLUB
 MON.-THURS.
 8:00am-12:00pm
 4:00pm-8:00pm
 FRIDAY
 8:00am-12:00pm
 4:00pm-7:00pm
 SATURDAY
 9:00am-1:00pm
 SUNDAY CLOSED

Please note that schedule is subject to change



ALL IN is an 8-week challenge where you can earn points and win prizes for participating in group exercise and bringing guests. Attend a Strength Train Together and receive 2 points per class! For more information, contact the front desk!

GROUP FITNESS CLASS DESCRIPTIONS

Mind & Body	Cardio	Strength Training	Healthy Aging
<p>Balance & Flex Together® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. Redefine yourself!</p> <p>(Beginner) Yoga- Recharge with this vinyasa flow inspired sequence that will tone your body, develop flexibility and open yourself up to all the possibilities that lie within you. While this sequence may vary by class, it will emphasize the importance of connecting breath with the movement. Modifications and variations offered for all poses to accommodate each participant. Be prepared to have fun, sweat, tone and break through both physical and mental limitations.</p>	<p>Active Together® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate your life!</p> <p>ZUMBA® Forget the workout, just lose yourself in the music and you'll find yourself in shape at the original dance party. It's easy, effective, and totally exhilarating.</p> <p>Defend Together™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Defend combines cutting-edge moves with thrilling music.</p> <p>Total Body is a high energy interval workout that combines strength training with cardio intervals for optimum metabolic boost.</p> <p>Cycle is a class on a stationary bike with intervals of cardio, endurance, and strength training. This low impact yet high burning workout is driven by fun and motivating music.</p>	<p>Core Focus trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel – all to challenge you like never before.</p> <p>Strength Train Together® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Strength Train combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!</p> <p>Boot Camp - High intensity, total body work-out that incorporates a variety of exercises designed to get into shape!</p>	<p>SilverSneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.</p> <p>SilverSneakers Yoga: Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.</p>
Getting Started	Cardio Continued	Water Fitness	
<p>Jumpstart - A circuit-style class that utilizes resistance equipment to keep toned and fit. Perfect for all ages and fitness levels!</p>	<p>Pound Awesome cardio and toning workout lets you move to the music, with the sweat-dripping fun of playing the drums.</p>	<p>Water Fitness - A combination of cardio and resistance exercise year-round in our outdoor pool.</p>	

For questions or assistance for which class is right for you contact: [Rebecca Smith at rebecca.smith@vosymca.org](mailto:rebecca.smith@vosymca.org)