



Summer Land Fitness Class Schedule-May 31-August 31, 2015

MON	TUE	WED	THU	FRI	SAT	SUN	
 Group Cycling 5:05-5:50 am	 Group Cycling 5:10-5:55 am	 Group Cycling 5:10-5:55 am	 Group Cycling 5:05-5:45 am	 LES MILLS BODYATTACK EXPRESS-Studio A 5:10-5:40 am	 LES MILLS BODYPUMP Studio A 6:45-7:45 am	 LES MILLS BODYPUMP EXPRESS-Studio A 9:30-10:15 am	
 LES MILLS BODYPUMP Studio A 5:10-6:10 am	 LES MILLS GRIT PLYO LES MILLS GRIT CARDIO Studio A 5:10-5:40 am	 LES MILLS BODYPUMP Studio A 5:10-6:10 am	 LES MILLS GRIT STRENGTH Studio A 5:10-5:40 am	 Group Cycling 5:10-5:55 am	 Group Cycling 7:00-7:45 am	 Kickboxing Studio A 10:25-11:10 am	
Butts & Guts Studio C 6:00-6:30 am (No class June 1) STARTS JUNE 8	 LES MILLS CXBWORX Studio A 5:45-6:15 am	 LES MILLS CXBWORX Studio A 8:00-8:30 am	 LES MILLS CXBWORX Studio A 5:45-6:15 am	 LES MILLS BODYPUMP Studio A 8:30-9:30 am	 LES MILLS BODYATTACK Studio A 8:00-9:00 am		
 Spin & Sculpt Studio B 6:00-6:45 am	Women & Weights Studio C 6:15-7:00 am	 LES MILLS BODYATTACK EXPRESS-Studio A 8:40-9:10 am	 LES MILLS SH'BAM Studio C 8:00-8:45 am	Pilates Studio C 9:00-10:00 am	 LES MILLS BODYPUMP Studio A 9:15-10:15 am		
 LES MILLS CXBWORX Studio A 8:00-8:30 am	Step Combo Studio C 8:00-8:45 am	 Group Cycling 9:00-9:45 am	 LES MILLS BODYPUMP Studio A 8:30-9:30 am	 Kickboxing Studio A 9:40-10:40 am	 LES MILLS GRIT STRENGTH Studio C 9:30-10:00 am		
 LES MILLS GRIT STRENGTH Studio C 8:15-8:45 am	 LES MILLS BODYPUMP Studio A 8:30-9:30 am	Pilates Studio C 9:00-10:00 am	 YOGA Studio C 9:00-10:15 am	 LES MILLS BODYATTACK EXPRESS-Studio A 12:00-12:30 pm	 LES MILLS CXBWORX Studio A 10:30-11:00 am		
 LES MILLS BODYATTACK Studio A 8:40-9:30 am	 YOGA Studio C 9:00-10:15 am	 ZUMBA Toning-Studio A 9:20-10:20 am	 LES MILLS BODYATTACK Studio A 9:45-10:45 am	 Group Cycling 12:00-12:30 pm			
 Group Cycling 9:00-9:45 am	TEEN CARDIO MIX Studio A 10:00-10:45 am	 LES MILLS CXBWORX Studio C 10:15-10:45 am	Silver Sneakers Cardio Circuit Community Gym 10:15-11:00 am	 LES MILLS CXBWORX Studio A 12:35-1:05 pm			
 YOGA Studio C 9:00-10:15 am	Silver Sneakers Cardio Circuit Community Gym 10:15-11:00 am	 ZUMBA Gold-Studio A 10:30-11:15 am	 Group Cycling 12:00-12:45 pm	Step Combo Studio A 4:30-5:30 pm			
 LES MILLS BODYPUMP Studio A 9:45-10:45 am	 LES MILLS BODYATTACK EXPRESS-Studio C 12:00-12:45 pm	 Group Cycling 12:00-12:30 pm	 Kickboxing Studio C 12:00-12:45 pm	 YOGA Studio C 4:30-5:30 pm		The classes with an ORANGE background indicates a PAID class.	
 Group Cycling 12:00-12:30 pm	 LES MILLS BODYPUMP Studio A 12:00-1:00 pm	 LES MILLS GRIT STRENGTH Studio A 12:35-1:05 pm	 LES MILLS BODYPUMP Studio A 12:00-1:00 pm	 LES MILLS BODYPUMP Studio A 5:45-6:45 pm		The classes with a BLUE background indicates a PAID class. Inquire at Y Welcome Center.	
 LES MILLS GRIT CARDIO Studio A 12:00-12:30 pm	Parkinson's Exercise Class Studio C 1:30-3:00 pm	 Kickboxing Studio A 4:15-5:15 pm	Parkinson's Exercise Class Studio C 1:30-3:00 pm	 LES MILLS GRIT STRENGTH Studio C 5:45-6:15 pm		The classes with a GREEN background indicates a Teen class.	
 YOGA Studio C 12:00-1:00 pm	 LES MILLS BODYPUMP Studio A 4:30-5:30 pm	 YOGA Studio C 5:15-6:15 pm	 LES MILLS BODYPUMP Studio A 4:30-5:30 pm			The classes with a GREY background indicates an Active Older Adult class.	
 LES MILLS CXBWORX Studio A 12:35-1:05 pm	 YOGA Yoga Flow Studio C 4:45-5:30 pm	 LES MILLS GRIT PLYO Studio A 5:30-6:00 pm	FAMILY CLASS-YOGA Studio C 4:30-5:10 pm			The classes with a PURPLE background indicate a Family Class for ages 5 and up.	
 TEEN Group Cycling 4:20-4:50 pm	 Group Cycling 5:30-6:15 pm	Treadmill Class LMC (Class size limited) 5:30-6:00 pm (JULY ONLY)	FAMILY CLASS-Cardio Jam Studio C 5:15-5:55 pm				
 LES MILLS CXBWORX Studio C 4:30-5:00 pm	 LES MILLS BODYPUMP Studio A 5:40-6:40 pm	 Group Cycling 5:30-6:15 pm	Treadmill Class LMC (Class size limited) 5:30-6:00 pm (JUNE & AUG. ONLY)				
Athletic Step Studio A 4:30-5:30 pm	 LES MILLS CXBWORX Studio C 5:40-6:10 pm	 LES MILLS BODYPUMP Studio A 6:15-7:15 pm	 Group Cycling 5:30-6:15 pm				
 Group Cycling 5:00-5:45 pm	 LES MILLS BODYATTACK Studio C 6:15-7:00 pm		 LES MILLS BODYPUMP Studio A 5:45-6:45 pm	<p>GRIT CLASSES: Purchase a \$10, \$18 (\$20 value) or \$45 (\$50 value) punch card at the WELCOME CENTER DESK to attend a class. Cards are punched at the beginning of each class by instructor in the Studio.</p> <p>Cash will only be accepted at the Welcome Center Desk. Instructors will not accept cash. To pay cash for a GRIT class, pay at the Welcome Center Desk prior to class and bring cash receipt to instructor for proof of payment.</p> <p>*There will be no classes on Saturday, July 4 – the Y is closed.</p>			
 Kickboxing Studio C 5:15-6:15 pm	 LES MILLS SH'BAM Studio A 6:50-7:35 pm		 LES MILLS BODYATTACK Studio C 6:00-7:00 pm				
 LES MILLS BODYPUMP Studio A 5:45-6:45 pm			 LES MILLS CXBWORX Studio C 7:10-7:40 pm				
 YOGA Vinyasa Yoga Studio C 6:30-7:30 pm							



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Class Descriptions

Pre-certified Class | Assessment required | Monthly Fee

Parkinson's Exercise Class is designed for people with Parkinson's Disease. Participants need to be able to handle light to aerobic and strengthening exercises. Interested participants will need to schedule a quick assessment appointment with Celia Crespo at (920) 926-5360 or crespoc@agnesian.com. Once approved, register at the YMCA Welcome Center. Class will consist of aerobic, strengthening, flexibility and balance. Class will be divided into two sections which consist of up to 30 minutes of treadmill exercise followed by a group exercise class for another 30 minutes. Class is led by Joel Mason, DPT (Agnesian Physical Therapist) & Martha Swift (YMCA AFAA Certified Personal Trainer). Contact Joel at masonj@agnesian.com or Martha at mswiftfdlymca@gmail.com

Cost: \$35 for YMCA Members
\$50 for Community Participants



Active Older Adult Classes

SilverSneakers® Cardio Circuit combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. This class is intended for active, older adults.

Zumba Gold is a Latin inspired dance workout for the active older adult or anyone that may need modifications for success.

All Fitness Level Classes

Barre Class is a combination of Pilates, Yoga stretches and strengthening exercises which will lengthen and tone your entire body.



BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Butts N Guts is a 30-minute session targeting the muscles of the abdominal region and the glutes.

Cardio Jam is a calorie-burning workout that combines kickboxing, dance and martial arts.

Circuit Training is a perfect way to kick start your fitness. It is a mix of cardio and strength exercises using a height adjustable step, plates, barbells and resistance tubes.

Group Cycling simulates riding on flat terrain or hills while incorporating sprints, jumps and leisure riding.

Interval Power is a mix of cardio and strength training with a circuit training feel.

Pilates improves muscle strength, core stability, posture, and flexibility as well as breathing and relaxation techniques.

Spin and Sculpt is a total body workout incorporating squats, push-ups and lunges.

Step Class (Beginner to Intermediate) is the perfect class for the first-time stepper. You will do easy-to-follow choreography on a height adjustable step and get an amazing cardio/strength workout.

Teen Cardio Mix is a full-body workout using choreographed cardio movement to get your heart pumping as well as strength training to build muscle, strength and endurance.

Treadmill Class is a 30-minute full body workout! Strength and cardio endurance, not just running, upper and lower body toning. You will experience the treadmill in a whole new way! **Space is limited!**

Women & Weights is a workout where each week you will focus on different muscle groups through use of weights, bars and body weight exercises.

Yoga postures focus on correct alignment, strength building, range of motion, breathing techniques and deep, revitalizing relaxation.

Yoga Flow is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.



Zumba™ fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Intermediate to Advanced Classes

Athletic Step is an energizing workout using a height-adjustable step and simple movements on, over and around the step.



BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

Cardio Power is a high energy, interval training workout that builds strength and stamina.



CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster...play harder...stand stronger!

Kickboxing combines basic non-contact boxing moves and martial arts kicks with simple aerobic-type movements.



SH'BAM™ features simple but seriously hot dance moves. It's the perfect way to shape up and let out your inner star – even if you're dance challenged. SH'BAM is the ultimate fun and sociable way to lose fat, improve short-term memory and gain coordination.

Vinyasa Yoga is a strengthening flow class; postures lead into postures; yoga works on the body and mind in distinct ways, promoting a healthy body and mind.

Intermediate to Advanced Paid Classes

\$2/class-Purchase a punch card at the Y Welcome Center and sign in at Studio.

The LES MILLS GRIT™ Series is for you if:

You want to take your fitness to the next level; you want extra motivation to challenge your physical limits; you have a weight-loss or fitness goal to reach; you just want to up the intensity to boost your fitness faster



Using barbell, weight plate and body weight exercises, LES MILLS GRIT™ Strength is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone.



LES MILLS GRIT™ Plyo is a plyometric-based workout that delivers fast results! Combining the principles of explosive plyometrics and power agility training, you'll build a powerful, agile and athletic body.



LES MILLS GRIT™ Cardio is a high-impact cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute workout combines high impact body weight exercises and uses no equipment.