



Fall/Winter Land Fitness Class Schedule—January 1-January 31, 2017

MON	TUE	WED	THU	FRI	SAT	SUN
LES MILLS RPM Studio B 5:05-5:50 am	 Group Cycling 5:05-5:50 am	LES MILLS RPM Studio B 5:05-5:50 am	LES MILLS RPM Studio B 5:05-5:50 am	 Group Cycling 5:05-5:50 am	LES MILLS BODYPUMP Studio A 6:45-7:45 am	LES MILLS BODYPUMP Studio A 9:30-10:30 am <i>(No class Jan. 8th)</i>
Fitness Mix Studio C 5:05-6:00 am	LES MILLS BODYCOMBAT Studio C 5:05-5:50 am	Fitness Mix Studio C 5:05-5:55 am	LES MILLS BODYCOMBAT Studio C 5:05-6:05 am	LES MILLS BODYATTACK EXPRESS-Studio A 5:10-5:40 am	 Group Cycling 7:00-7:45 am	LES MILLS CXWORX Studio C 9:30-10:00 am <i>(ONLY held on Jan. 8th)</i>
LES MILLS BODYPUMP Studio A 5:10-6:10 am	LES MILLS GRIT PLYO 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	LES MILLS BODYFLOW Studio C 5:10-6:10 am	LES MILLS RPM Studio B 8:00-8:45 am	LES MILLS BODYCOMBAT Studio C 10:10-11:10 am <i>(ONLY held on Jan. 8th)</i>
 Spin & Sculpt Studio B 6:00-6:45 am	LES MILLS CXWORX Studio A 5:45-6:15 am	Women & Weights (Lower Body) Studio C 6:00-7:00 am	LES MILLS CXWORX 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 <i>(No class Jan. 7th)</i>	LES MILLS BODYCOMBAT Studio A 10:40-11:40 am <i>(No class Jan. 8th)</i>
LES MILLS CXWORX Studio A 8:15-8:45 am	Women & Weights (Upper Body) Studio C 6:00-6:45 am	LES MILLS CXWORX Studio A 8:15-8:45 am	YOGA Feldenkrais Studio C 6:15-7:00 am	Pilates Studio C 9:00-10:00 am	Fitness Mix Studio C 8:30-9:30 am	LES MILLS sprint Studio B 10:45-11:15 am
LES MILLS GRIT STRENGTH Studio C 8:15-8:45 am	LES MILLS BODYPUMP Studio A 8:30-9:30 am	LES MILLS BODYATTACK EXPRESS-Studio A 8:50-9:35 am	LES MILLS sprint Studio B 6:20-6:50 am	LES MILLS BODYCOMBAT Studio A 9:40-10:40 am	LES MILLS BODYPUMP Studio A 9:15-10:15 am <i>(No class Jan. 7th)</i>	
LES MILLS BODYATTACK EXPRESS-Studio A 8:50-9:35 am	YOGA Studio C 9:00-10:15 am	 Group Cycling 9:00-9:45 am	LES MILLS SH'BAM Studio C 8:00-8:45 am	LES MILLS BODYATTACK EXPRESS-Studio A 12:00-12:30 pm	YOGA Studio C 10:15-11:15 am	
 Group Cycling 9:00-9:45 am	ZUMBA toning Toning-Studio A 10:00-11:00 am	Pilates Studio C 9:00-10:00 am	LES MILLS BODYPUMP Studio A 8:30-9:30 am	LES MILLS RPM Studio B 12:00-12:30 pm	LES MILLS CXWORX Studio A 10:30-11:00 am <i>(No class Jan. 7th)</i>	
YOGA Studio C 9:00-10:15 am	Silver Sneakers Cardio Circuit Community Gym 10:15-11:00 am	ZUMBA fitness Studio A 9:50-10:30 am	YOGA Studio C 9:00-10:15 am	LES MILLS CXWORX Studio A 12:35-1:05 pm		
LES MILLS BODYPUMP Studio A 9:45-10:45 am	Parkinson's Exercise Class Studio C 10:30-11:45 am	ZUMBA gold Studio A 10:45-11:30 am	LES MILLS BODYFLOW Studio A 9:40-10:10 am	LES MILLS sprint Studio B 4:15-4:45 pm		The classes with an ORANGE background indicates a PAID class.
LES MILLS SH'BAM Studio A 10:55-11:40 am	LES MILLS BODYATTACK Studio C 12:00-12:45 pm	LES MILLS GRIT STRENGTH Studio A 12:00-12:30 pm	Silver Sneakers Cardio Circuit Community Gym 10:15-11:00 am	Step Combo Studio A 4:30-5:30 pm <i>(No class Jan. 20th)</i>		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	LES MILLS BODYPUMP Studio A 12:00-1:00 pm	LES MILLS CXWORX Studio A 12:35-1:05 pm	Parkinson's Exercise Class Studio C 10:30-11:45 am	YOGA Studio C 5:30-6:30 pm		The classes with a GREEN background indicates a Kids or Teen class.
LES MILLS sprint Studio B 12:00-12:30 pm	LES MILLS BODYFLOW Studio C 12:50-1:20 pm	LES MILLS BODYCOMBAT Studio A 4:15-5:15 pm	 Group Cycling 12:00-12:45 pm	LES MILLS BODYPUMP Studio A 5:45-6:45 pm <i>(No class Jan. 20th)</i>		The classes with a GREY background indicates an Active Older Adult class.
YOGA Studio C 12:00-1:00 pm	LIVESTRONG AT THE YMCA Studio C 1:30-3:00 pm	YOGA Studio C 5:15-6:15 pm	LES MILLS BODYPUMP Studio A 12:00-12:45 pm			The classes with a PURPLE background indicate a Family Class for ages 5 and up.
LES MILLS CXWORX Studio A 12:35-1:05 pm	LES MILLS BODYPUMP Studio A 4:30-5:30 pm	LES MILLS RPM Studio B 5:15-6:00 pm	LES MILLS BODYCOMBAT Studio C 12:00-1:00 pm			The classes with a RED background indicate a PAID Youth Program.
LES MILLS CXWORX Studio C 4:30-5:00 pm	LES MILLS BODYFLOW Studio C 4:30-5:30 pm	LES MILLS GRIT PLYO Studio A 5:30-6:00 pm	LIVESTRONG AT THE YMCA Studio C 1:30-3:00 pm			The classes with a YELLOW background indicates a Y program
Athletic Step Studio A 4:30-5:30 pm	LES MILLS sprint Studio B 4:45-5:15 pm	LES MILLS BODYPUMP Studio A 6:15-7:15 pm	LES MILLS sprint Studio B 4:45-5:15 pm			
LES MILLS sprint Studio B 5:05-5:35 pm	LES MILLS RPM Studio B 5:30-6:15 pm	YOUTH HIP HOP DANCE Studio C 6:30-7:30 pm	LES MILLS BODYPUMP Studio A 4:45-5:45 pm			
LES MILLS BODYCOMBAT Studio C 5:15-6:15 pm	LES MILLS CXWORX Studio C 5:40-6:10 pm		FAMILY CLASS Cardio Jam Studio C 5:15-5:55 pm			
LES MILLS BODYPUMP Studio A 5:45-6:45 pm	LES MILLS GRIT STRENGTH Studio A 5:45-6:15 pm		LES MILLS RPM Studio B 5:30-6:15 pm			
YOGA Vinyasa Yoga Studio C 6:30-7:30 pm	LES MILLS BODYCOMBAT Studio C 6:15-7:00 pm		LES MILLS BODYATTACK Studio C 6:00-7:00 pm			
	LES MILLS SH'BAM Studio A 6:30-7:15 pm		LES MILLS CXWORX Studio C 7:10-7:40 pm			

GRIT CLASSES: Purchase a \$15, \$27 (\$30 value) or \$54 (\$60 value) punch card or pay for one class at the WELCOME CENTER DESK to attend. Cards are punched at the beginning of each class by instructor in the Studio. **Cash will only be accepted at the Welcome Center**

There will be no classes on Sunday, Jan. 1 due to the New Year's Day Holiday and the Y being closed.

Please notice cancellations & changes due to the instructor training taking place in Studio A on Jan 7th & 8th.

No regularly scheduled classes will be held on Saturday, Jan. 28 due to Celebration Saturday. A special class lineup will be posted.



Fall/Winter Land Fitness Class Schedule—January 1-January 31, 2017

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. 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 mswiftdlymca@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



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



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!

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

Fitness Mix is a combination of cardio and strength training using weights, ending with stretching and yoga poses for a complete finish!

Feldenkrais (sometimes called Feldenkrais therapy) is recognized for the strategies it employs to improve posture, flexibility, coordination, and athletic and artistic ability and to help those with restricted movement, chronic pain and tension.

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

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

PiYo is a blend of Pilates and Yoga. The Pilates parts build strength and tone the body, while the Yoga part promotes mindfulness and relaxation.



RPM™ is an indoor cycling workout where you ride to the rhythm of powerful music to a calorie burning endorphin high.

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

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

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 Foundations is a series of six classes that will build the basic foundation of yoga poses. This class will help to develop the confidence needed in order to attend any other yoga class listed on the schedule.



Zumba® fuses Latin rhythms and easy-to-follow moves to create a dynamic and addicting dance fitness party.



Zumba Toning® is a Latin-inspired dance fitness class with the addition of light hand weights, helping to tone and sculpt the body.

Intermediate to Advanced Classes

Athletic Step is an energizing workout using a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning to shape and tone your body.



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!



BODYCOMBAT™ is the fiercely energetic martial arts workout where you are totally unleashed and empowered.



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.



SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. HIIT uses intervals of maximum effort followed by complete recovery. During a 30 minute class participants spend up to 20 minutes above 85% of maximum intensity.

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.



Zumba® Bootcamp is a high energy 30-minute interval-style cardio Zumba class followed by a five minute stretch and cool-down.

Intermediate to Advanced Paid Classes

\$3/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.