Group Ex Class Schedule

937-653-9622

191 Community Dr. Urbana, OH

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Class	Studio	Instructor
5:30a-6:20a	Cycling	AR	Deedee
6:30a-7:00a	Pilates	AR	Heidi
8:30a-9:00a	TRX	AR	Shelia
9:00a-9:55a	Step	AR	Sheila
10:00a-10:55a	Mash-Up	AR	Ami
10:00a-10:55a	Pilates	MPR	Bobbi
5:30p-6:25p	ZUMBA	AR	Shonda
6:30p-7:25	Cycling	AR	Thom

Tuesday	Class	Studio	Instructor
5:30a-6:15a	Interval Max	AR	Diana
6:20a-6:35a	Deep Stretch	AR	Diana
9:00a-9:55a	Cycling	AR	Paul
10:00a– 11:00a	Body Balanced Barre	AR	Ami
10:00a-10:55a	Yoga for Balance	MPR	Emily
5:00p-5:55p	MOVE	AR	Jerry
6:00p-6:55p	Cycling	AR	Thom

Wednesday	Class	Studio	Instructor
5:30a-6:20a	Cycling	AR	Deedee
6:30a-7:00a	Pilates	AR	Heidi
8:30a-9:00a	TRX	AR	Shelia
9:00a-9:55a	Step	AR	Sheila
10:00a-10:55a	Mash-Up	AR	Ami
10:00a-10:55a	Pilates	MPR	Bobbi
5:00p-5:55p	MOVE	AR	Jerry
6:00p-6:55p	Cycling	AR	Shane
7:05p-7:55p	Y for Yoga!	AR	Deb

Thursday	Class	Studio	Instructor
5:30a-6:15a	Interval Max	AR	Diana
6:20a-6:35a	Deep Stretch	AR	Diana
9:00a-9:55a	Cycling	AR	Paul
10:00a-11:00a	Balanced Body Barre	AR	Ami
10:00a-10:55a	YOGA	MPR	Emily
5:00p-5:55p	ZUMBA	AR	Shonda
6:00p-6:55p	MOVE	AR	Jerry

Friday	Class	Studio	Instructor
8:30a-9:00a	TRX	AR	Sheila
9:00a-9:55a	Step	AR	Sheila
10:00a-10:55a	Mash-Up	AR	Ami
10:00a-10:55a	Pilates	MPR	Bobbi

Saturday	Class	Studio	Instructor
8:00a-8:55a	Cycling	AR	Paul
9:00a-9:55a	TRX	AR	Randi
9:00a-9:55a	ZUMBA	MPR	Shonda

Sunday	Class	Studio	Instructor
1:30p-2:30p	ZUMBA w/ Heather!	AR	Heather

KEY
Interval/Combo
Strength
Cardio
Mind & Body
Active Older Adult

Child Watch-Babysitting Service

M-F 8:30am-11:30am

Saturdays 8:00am-12:00pm

Evenings M-Th 5:00pm-8:30pm

BE SURE TO CHECK OUT OUR AQUATIC CLASSES!

HAVE YOU REGISTERED FOR FIT START OR *NEW* WEIGHT ROOM ORIENTATION

FREE Fitness Classes for Members!

Instructor will show modifications for individual needs, injuries & fitness

Champaign Family Group YMCA Fitness Class Descriptions

BALANCED BODY BARRE—Balancing standing barre work, Pilates mat work, and yoga in equal parts across a 60min class. Create long, lean lines, muscle toning, and better balance and flexibility for a healthier you!

GROUP CYCLING—Warm-up, steady up-tempo cadence, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose. Constant adjustment is normal. Just bring a towel and a water bottle.

INTERVAL MAXIMUM/PILATES— A 45-minute workout based on the interval-training concept. This workout will improve your cardiovascular fitness level and boost your metabolism, therefore allowing you to burn more total calories. Strong emphasis on toning through weight resistance exercises. These intervals are not only extremely challenging but also easy to learn and fun to do. A full 15 minute stretching routine will proceed at the end of class.

MORNING MASH UP—If you get bored with the same ol', this class is for you. Battle rope, kickboxing bag work, TRX, weights, spinning, plyometric, body weight work, and step. Don't forget to bring your boxing gloves, but we have extra if need be. The format can vary as well, keeping variety high, with no time for boredom. You will get the workout you want.

MOVE/TRX— Come lose yourself in the music and have the best time forgetting that you're even working out! You never know when light weights, body weight, dance, and TRX will be thrown in the mix to give your body a full, toned, revamped workout.

PILATES—This is not a cardio workout – This is not a cardio workout – but it's still a challenge. Total body awareness, balance, posture, optimal breathing. Great core training and abdominal work. This is a very popular class; you won't want to miss this one!

STEP & STUFF— This class is a well rounded strength, cardio and flexibility workout that will meet you where you are on your fitness journey. Beginners are encouraged to join to get all the aspects of fitness. (KNOWN TO HAVE THE BEST MUSIC!)

TRX—Born in the Navy SEALs, TRX Suspension training uses your own body weight for resistance, building strength, balance, flexibility and core strength simultaneously.

Y IS FOR/& YOGA—In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body... Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers.

YOGA FOR BALANCE— The focus of this class is on strength and balance, while being gentle on the joints. Accessible to all ages and experience levels. We use chairs during practice to assist balance and alignment.

****NEW** ZUMBA** —A fun, high energy, interval workout that will get your heart pumping and body moving! Focusing on body weight training and blasting those calories all while having fun. This class is a mix of Zumba moves and music with a bit of Hip Hop & Dance. You don't have to be a professional dancer, just someone who wants to sweat and have a good time! Come dance with us!