



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASS SCHEDULE

October & November

MONDAY

5:45-6:45am	Spin & Tone*	Ashlee
7:00-7:45am	Build & Burn	Ashlee
8:00-8:45am	Yoga Flow	Ashlee
9:00-10:00am	Power Step	Trisha
9:00-10:00am	Splash	Patricia
10:30-11:15am	SS Classic	Jill
12:00-12:45pm	Cardio Burnout -V	Jen R
5:30-6:15pm	Spin*	Trisha
5:30-6:15pm	Cardio Burnout	Jen B
6:30-7:30pm	RIP	Jen B

TUESDAY

5:45-6:45am	Boot Camp	Jen B.
8:15-9:00am	SS Circuit	Jill
9:00-10:00am	RIP	Jen R.
10:30-11:15am	SS Yoga	Kerry
12:00-1:00pm	Dance Fitness-V	Beth NEW
2:00-3:00pm	Splash	Toni
5:30-6:30pm	HIIT	Justin

WEDNESDAY

5:45-6:45am	Spin & Tone*	Diane
7:00-7:45am	Build & Burn	Ashlee
8:00-8:45am	Gentle Yoga	Ashlee
9:00-10:00am	Drumming/Power Up & Tone	Jen R
9:00-10:00am	Splash	Patricia
10:30-11:15am	SS Classic	Jill
12:00-12:45pm	Core & More -V	Jen R
5:30-6:15pm	Spin*	Trisha/Jen R
5:30-6:15pm	Cardio Burnout	Trisha/Jen R
6:30-7:30pm	RIP	Trisha

THURSDAY

5:45-6:45am	Interval Mix	Jen B
9:00-10:00am	Spin*	Jen R
9:00-10:00am	Splash	Patricia
10:30-11:15pm	Dance Fitness Gold	Beth NEW
12:00-12:45pm	Muscle Pump -V	Jen R
5:30-6:30pm	Water Aerobics	Shawna
5:30-6:30pm	Boot Camp	Justin

FRIDAY

5:45-6:45am	Muscle Pump	Jen B.
7:00-8:00am	RIP	Ashlee
8:15-9:00am	SS Circuit	Ashlee

SATURDAY

8:30-9:30am	Transform	Trisha
-------------	-----------	--------

*Reservation required for Spin and Spin & Tone classes. Make your reservation on our website or at the Member Services Desk.

-V=Available in person and virtually. Access virtual classes through our website. www.superiorymca.org Must be a Superior Y member to attend virtual classes.

Questions?
Contact Jen Rosnau,
Health and Wellness Director
jrosnau@superiorymca.org, 715-392-5611 EXT 115

STRENGTH AND CONDITIONING

RIP: RIP is a strength training program for men and women of all ages and ability levels. RIP is a full body endurance strength training class that attacks every muscle group. RIP is a pre-choreographed class with new music and new exercises every 6-8 weeks. RIP is guaranteed to keep your workout fun and new.

Muscle Pump: This class is designed to work all major muscle groups with weighted plates, dumbbells, bands, body weight and /or stability balls. Have fun with weights in interval timing and rep challenges.

CARDIO BURN

HIIT: HIIT "High Intensity Interval Training" is a challenging interval circuit workout with groups! HIIT uses weighted balls, jump ropes, hand weights, and step boards among other equipment to challenge your body and keep you guessing throughout the entire class. You will never get bored with this fun fast paced cardio strength class. All fitness levels welcome.

Interval Mix: Interval Mix is a challenging interval class using a variety of training methods. With Interval Mix you will complete exercises in a timed format, this class includes circuits, partners, individual and team challenges. You never know what you will get with Interval Mix, each instructor has their own flare and style when delivering this fast paced cardio class. All fitness levels welcome.

Boot Camp: Feel invigorated with fun and challenging running exercises, drills, circuits, Rep challenges, intervals and more. Boot Camp delivers a workout based around endurance and is a great training option for Runners, Triathlon Athletes as well as anyone looking for a great workout. All levels welcome.

Cardio Burnout: Cardio MashUp is a fast paced cardio class including Cardio Kickboxing, Interval Training, and Boot Camp Drills/Rep Challenges. This class is a great way to trial what the Y has to offer.

Cardio Kickboxing: A combination cardio kickboxing class with punching, kicking, and rhythmic movements set to heart pounding music! This workout is designed to melt away pounds and inches while targeting every muscle group.

Cardio Drumming: Cardio Drumming is a combination cardio and strength training class that includes high intensity exercises and rhythmic techniques to give you a full body workout. Cardio Drumming uses a bench, mat and a set of drum sticks to deliver you a extreme calorie burn! Come try this new style of fitness with Black Light!

Mini Trampoline: How long has it been since you jumped on a trampoline? Let me guess, its been too long! Come try this 30 min express Cardio Class, with easy to follow choreography and motivating music this will be a great addition to any workout routine. Max of 10 Participants.

Dance Fitness: Incorporate repetitive dance moves to popular, fast-paced music for a fun workout. The routines combine fast and slow rhythms that will benefit not only your physical health, but your emotional and mental health as well. Who doesn't love a dance party?

MIND/BODY

Transform: Transform unites yoga & sport like never before. Transform is a mind/body experience that features traditional yoga poses and sport influenced movement to strengthen and tone your whole body. All fitness levels welcome.

Yoga Flow: A fitness-based approach where students will focus on linking conscious breath with a vigorous and mindful flow. Students will build strength, flexibility and concentration while cleansing the body and calming the mind.

Gentle Yoga: Gentle Yoga is a class structured around rejuvenating and healing the body. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles.

Water Aerobics: Water Aerobics is a form of low impact aerobic exercise that takes place in the Rec Pool. This class will challenge you with many different exercise to improve balance, strength and endurance. All levels welcome

- **Classes FREE to members unless specified otherwise**
- **Non-Member Fee \$10.00/day**
- *** "SS" represents SilverSneaker® Classes. Check SilverSneakers Schedule for class Fee.**
- **Classes on this schedule meet in Multi-Purpose Room unless indicated otherwise**