



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VIRTUAL GROUP FITNESS CLASS SCHEDULE Summer 2021 June, July, & August



Visit our Virtual Fitness page on our website [www.superiorymca.org](http://www.superiorymca.org) to access virtual classes.

An active Superior YMCA membership is required to access virtual content.

## Questions?

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## MONDAY

9:30 am	Power Step	Jen R.
12:00 pm	Cardio Burnout	Jen R.

## TUESDAY

9:30 am	RIP	Jen R.
12:00 pm	Yoga Flow	Jen R.

## WEDNESDAY

9:30 am	Spin	Jen R.
12:00 pm	Core & More	Jen R.

## THURSDAY

12:00 pm	Muscle Pump	Jen R.
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## FRIDAY

12:00 pm	Boot Camp	Varied
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# Class Descriptions

**Build & Burn:** Build & Burn combines a variety of training methods to achieve both cardiovascular and strength goals. You'll build muscle in this class while also burning major calories!

**Power Up & Tone:** Come try this fun interval style class. Our mini trampoline will add the flare to your workout you've been looking for. Combine the weighted intervals and core work for a heart-pumping, muscle toning workout.

**Step & Sculpt:** Step & Sculpt combines traditional step routines, power step, intervals, and strength-based exercises to give you a total body workout. Torch some serious calories and tone your body with this fun new class!

**Cardio Burnout:** Cardio Burnout gives you a little taste of everything! This fast paced cardio class may include Cardio Kickboxing, Interval Training, Bootcamp, Step and more!

**Kickboxing:** Cardio Kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

**Cardio Drumming:** Cardio Drumming gives you a full body workout with high intensity exercises and rhythmic techniques. Cardio Drumming uses a bench, mat and a set of drum sticks to deliver you an extreme calorie burn! Come try this new and original style to fitness with black light.

**Bootcamp:** Feel invigorated with fun and challenging running exercises, drills, circuits, rep challenges and more. Bootcamp delivers a workout based around endurance and is a great training option for anyone looking for a great workout!

**Spin & Tone:** Spin is an efficient group fitness class that will challenge your cardiovascular endurance and muscular strength. Spin will challenge you with hill climbs, intervals and sprints, mix in some weighted intervals to build strength and you have power packed cardio strength class!

**Muscle Pump:** Muscle Pump is an interval based strength class designed to work all major muscle groups. Build muscular strength throughout your entire body.

**RIP:** RIP is a full body endurance strength training class that attacks every muscle group. RIP is a pre-choreographed class, RIP is guaranteed to keep your workout fun and new.

**Full Body Flow:** (Yoga Flow) Full body flow takes a fitness-based approach where you will focus on linking conscious breath with a vigorous and mindful flow. You will build strength, flexibility and concentration while cleansing the body and calming the mind.

**Yoga Sculpt:** Looking to switch up your yoga routine? Our Yoga Sculpt combines traditional yoga poses with light hand weights to sculpt and tone your body. Build long and lean muscles while staying connected to your breath and core.

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

**Full Body Mobility:** Address your physical roadblocks with head to toe stretching and conditioning exercises. This class will be aimed towards better postural alignment to reduce pain and increase performance. Great for those looking to develop the necessary strength and body mechanics for higher intensity classes. Low to moderate pace and difficulty. Level 2 option available for those looking for more challenge.

**Hit & Run:** With Martial Arts drills, proper body mechanics for self protection and ways to teach you to be more aware of your surroundings Hit & Run will prepare you for the basics in self defense.