



# GROUP EXERCISE SCHEDULE

JANUARY 7 - APRIL 27

Queenax Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Queenax Team*</b> 9:15-10:00 AM Danielle Max:16 participants	<b>Queenax Boost*</b> 8:50-9:30 AM Stacy W Max:7 participants	<b>Queenax Core*</b> 10:00-10:30 AM Rebecca Max:12 participants	<b>Queenax Classes are 4 weeks, except Fit Female Fitness and Pilates on the Go (8wks)</b>
	<b>Queenax Boost*</b> 12:00-12:45 PM Andrew Max:7 participants		<b>Queenax Circuit*</b> 12:00-12:45 PM Andrew Max:12 participants	<b>Queenax Core (Pilates on the Go)*</b> 9:35-10:00 AM Stacy W Max:8 participants	<b>Queenax Recovery*</b> 11:00-11:45 AM Andrew Max:7 participants	
	<b>Queenax Fit Female Fitness*</b> 5:00-5:30 PM Stacy A Max:10 participants	<b>Queenax Core*</b> 5:00-5:25 PM Andrew Max:12 participants	<b>Queenax Circuit*</b> 5:30-6:15 PM Katie Max:12 participants	<b>Queenax Boost*</b> 5:30-6:15 PM Dave/Monica Max:7 participants		<b>*Queenax Classes have a limited number of spaces and require class registration to participate</b>
<b>Queenax Team*</b> 6:35-7:20 PM Stacy A Max:16 participants	<b>Queenax Metabolic Fit*</b> 6:30-7:15 PM Andrew Max:12 participants		<b>Queenax Metabolic Fit*</b> 6:30-7:15 PM Britny Max:12 participants			

Group Exercise Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Body Blast</b> 5:30-6:15 AM Laura	<b>Body Solid</b> 5:30-6:15 AM Laura	<b>HIIT</b> 5:30-6:15 AM Joy	<b>Body Blast</b> 5:30-6:15 AM Laura	<b>HIIT</b> 5:30-6:15 AM Joy	<b>Super Saturday/ Instructor Choice</b> 8:00-8:55 AM Staff Rotation 1,2,3 <i>Like us on Facebook for weekly posts on</i>
	<b>SS Yoga</b> 8:00-8:45 AM Rebecca	<b>SS Classic</b> 8:00-8:45 AM Stacy A	<b>SS Circuit</b> 8:00-8:45 AM Rebecca	<b>SS Classic</b> 8:00-8:45 AM Sandy	<b>SS Yoga</b> 8:00-8:45 AM Rebecca	
	<b>Totally Toned</b> 9:00-9:55 AM Rebecca	<b>Cardio Sculpt</b> 8:50-9:30 AM Stacy A	<b>Totally Toned</b> 9:00-9:55 AM Rebecca	<b>Tai Chi</b> 10:00-11:00 AM (Jan 10 - Feb 28) Monica	<b>Totally Toned</b> 9:00-9:55 AM Rebecca	<b>Zumba</b> 9:15-10:10 AM Lisa
	<b>Tabata</b> 10:00-10:45 AM Stacy S	<b>Yoga*</b> 9:35-10:30 AM Stacy W	<b>Pound*</b> 5:35-6:30 PM Britny			
	<b>Monday Metabolic Jumpstart</b> 5:35-6:30 PM Katie	<b>Solid Strength</b> 5:30-6:25 PM Andrew	<b>Total Core</b> 6:35-7:05 PM Britny	<b>Core &amp; More</b> 5:00-5:30 PM Joy	<b>Zumba Toning</b> 5:30-6:30 PM Sarah	
			<b>Zumba</b> 7:30-8:25 PM Katherine	<b>Strength &amp; Sculpt</b> 5:30-6:25 PM Joy	<b>Zumba Kids</b> 6:45-7:30 PM Sarah	

Cycling Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Group Cycling*</b> 9:00-9:45 AM Stacy W	<b>Group Cycling*</b> 12:00-12:45 PM Andrew **		<b>Group Cycling*</b> 12:00-12:45 PM Andrew **		
			<b>Group Cycling*</b> 5:30-6:15 PM Britny			

**YMCA OF DODGE COUNTY**  
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Most Group Exercise classes are available to ages 16+ with the exception of certain specialty classes. Classes may not run at the date/time specified above every week. Please see current program guide for session dates and times.

\*Specialty Group Exercise Classes require registration to participate. Some classes may be free with registration, please see program guide for full details.

Most classes offer modified movements for beginners, intermediate and advanced. Class instructor marked with \*\* are intermediate/advanced formats.

Schedule Updated: January 2, 2019

# Group Fitness Class Descriptions

## Queenax Classes

**Boost\*** - This goal-orientated program is for the time sensitive exerciser. The Superfunctional tri-plex total body workout format encourages fitness gains in a limited time.

**Circuit\*** - In a circuit environment, exercisers move through different stations with unique training tools. Every exerciser is performing a different activity.

**Core\*** - This goal-oriented program appeals to those seeking a lean body and strong core. Multi-stage workout focuses on core and strengthen and culminates in a metabolic boost that stimulates adaptation.

**Metabolic Fit\*** - This goal-oriented program for those seeking a lean and fit body. Intensity is king in this program that focuses on high calorie expenditure and lean body mass development through intense workout bouts followed by rest periods.

## Specialty Group Fitness Classes

**Indoor Group Cycling\*** - This high-energy class provides a great cardiovascular workout on a bike. The energetic music helps to motivate and inspire participants to ride hard in intervals and have a good time while burning calories.

**Fit Female Fitness\*** - Get ready to put the "fun" in functional with small group training in a positive, friendly, and supportive female only environment. This class is designed to have fun, work hard, and get healthy. Class will be held in the Queenax Room.

**Pound\*** - Pound is a full body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, and isometric movements!

## Member Free Group Fitness Classes

**NEW! Strength & Sculpt** - A strength class targeting all muscle groups. Tone, sculpt, and condition your body using a variety of weights as well as your own body weight.

**NEW! Zumba Kids** - This class format is designed for children aged 7-11. Let them come to get some independence, to foster a love of music and culture, and to get some exercise and socialization in a fun and positive environment.

**NEW! Zumba Toning** - This class will be mostly Zumba but with a few Zumba Toning songs mixed in just to get the feel for the Toning Sticks and the format. We will have a great, fun, and effective workout.

**HIIT** - Experience a total body burn in just 45 minutes!! Mix it up using your own body weight and a variety of equipment, free weights, TRX straps, kettlebells and more. Build strength and stamina, condition and tone and have fun while doing it!

**Total Core** - Walk taller, feel stronger! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles, and increase flexibility. A variety of equipment may be used in this great workout.

**Body Blast** - Intervals of Strength, Cardio and Abs using weights, bars, balls and body resistance to build physical conditioning and endurance.

**Body Solid** - Sculpt, tone, and strengthen your entire body, fast! A high energy class for muscle strength and definition. Whether you are a beginner or advanced, this class will work for you.

**Cardio Sculpt** - This class is designed to blast your cardio fitness and work your muscles in every way possible! This class does it all! You will use a variety of different equipment as well as your own body weight to change the shape of your body.

## Member Free Active Older Adult Classes

**Silver Sneakers-Circuit Gold** - This class involves a little more aerobic activity than the Silver Sneaker Classic class. It also aims to build strength, balance and flexibility at a slightly more advanced pace. This class will help prevent osteoporosis, arthritis and the loss of muscle mass through its exercises.

**Silver Sneakers-Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

**Silver Sneakers-Yoga Gold** - Taught from a seated and standing position to enhance the flow and energy created in a combination with restorative breathing exercises. This class offers a variety of safe and effective options designed to increase flexibility and balance to improve individual's well-being.

**Recovery\*** - This workout is perfect for your recovery day! These movements focus on coordination, flow, balance, flexibility, breathing, core control and proprioception. Whether this is your first workout on Queenax or you're looking for a way to restore after a heavier workout, this movement sequence is optimized for you.

**Team\*** - FUNctional program that builds camaraderie, group engagement, and accountability among peers and coaches. Workouts incorporate play-based movements and challenges that keeps exercisers motivated and engaged.

**Pilates On the Go\*** - Pilates on the Go is a 30 minute conditioning program on the Queenax that improves muscle control, flexibility, coordination, strength, and tone. Mat-based exercises promote good posture, proper breathing and body control. Class will be held in the Queenax Room.

**Yoga\*** - Reconnect with your spirit, mind, and body. Yoga focuses on mindful breathing, relaxation, and stretching, that will leave you feeling refreshed and rejuvenated. Join Hatha Yoga promote health and well-being today. Appropriate for all fitness levels.

**Core & More** - Everybody wants better abs and so much more! In this 30 minute class, work on strengthening your back which is the foundation to your whole body and building a better core. This hit 'em hard back/abdominal work firming up transverse, oblique's, and rectus abdominus. No warm-up included so be ready to work out!

**Monday Metabolic Jumpstart** - Designed for MAXIMUM calorie burn in the shortest amount of time. We want to get you fit, get you healthy, challenge your mind, challenge your body, and most importantly MAKE FITNESS FUN! A fitness group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training to give you two workouts in one. Expect the unexpected in this full-body class, which are packed with lots of variety and tons of fun.

**Solid Strength** - Get ready for this! In this 55 minute class you will build muscle strength and definition, by using a wide variety of equipment. Whether you are just starting out or are more advanced this class is for you!

**Super Saturday/Instructor Choice** - In this 55 minute cardio/strength class your instructor will pick a workout worth waiting the weekend for!

**Tabata** - Consider this a 40 minute Full Body Challenge! "Tabata", aka High Intensity Interval Training (HIIT). One major effect of this workout is your body continues to burn fat for a significant period of time after the workout is over!

**Totally Toned** - An intense, energy-filled workout composed of toning exercises using bands, dumbbells, Bodybars, and more. Intervals of cardio exercises will be added to complete the challenge.

**Zumba** - Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's exhilarating, effective, and easy-to-follow. Latin inspired, calorie burning dance fitness party.