

GROUP EXERCISE SCHEDULE

Queenax Room

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|---|---|--|---------------------------------------|----------|
| 8:00 am | Silver Sneakers 8:00-8:45 AM Stacy A | Silver Sneakers Classic 8:00-8:45 AM Stacy A | Metabolic Boost 8:00-8:45 AM Stacy A | Silver Sneakers Yoga 8:00-8:45 AM Carol | | |
| 8:30 am | | | | | | |
| 9:00 am | Total Core 9:00 - 9:45 AM Elisa | Metabolic Boost 9:00-9:45 AM Stacy A | | | | |
| 9:30 am | | | | | | |
| 10:00 am | | | | | | |
| 11:00 am | | | | | | |
| 12:00 pm | | Lunch WOD 12:00-12:45PM Andrew | | Lunch WOD 12:00-12:45PM Joy | | |
| 5:00 pm | HITT 5:00-5:45 PM Joy | Total Core 5:00-5:45 PM Jesse | Warrior Training 5:00-5:45 PM Taylor | Total Core 5:00-5:45 PM Jesse | HITT 5:00-5:45 PM Taylor | |
| 5:30 pm | | | | | | |
| 6:00 pm | Total Core 6:00 - 6:45 PM Elisa | | | | | |
| 6:30 pm | | | | | | |

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for weekly posts on upcoming classes!

Join @YMCA of Dodge County Fitness

Group Exercise Studio

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|--|--|--|---|---|---|
| 5:30 am | Forever Fit 5:30 - 6:15 AM Taylor | Cardio Circuit 5:30 - 6:15 AM Stacy S | Forever Fit 5:30 - 6:15 AM Taylor | | Forever Fit 5:30 - 6:15 AM Taylor | |
| 6:00 am | | | | | | |
| 6:30 am | | | | | | |
| 7:00 am | | | | | | |
| 7:30 am | | | | | | |
| 8:00 am | Cardio Core 8:00-8:55 AM Stacy | Pop Pilates 8:00-8:45 AM Joy | 20/15/10 8:00-8:45 AM Elisa | Barre Fitness 8:00-9:00 AM Sabrina | Strong by Zumba 8-8:45 AM Joy | Cardio Strength 8:00-9:00 AM Tammy |
| 8:30 am | | | | | | |
| 9:00 am | 20/15/10 9:00-9:45 AM Joy | Totally Toned 9:00-10:00 AM Jessie C | Body Sculpt 9:00-10:00 AM Stacy A | Totally Toned 9:00-10:00 AM Stacy A. | Pop Pilates 9:00-10:00 AM Joy | Move Better 9:00-10:00 AM Tammy |
| 9:30 am | | | | | | |
| 10:00 am | Tabata 10:00-11:00 AM Stacy A | 20/15/10 10:00-10:45 AM Stacy A | Yoga Flow 10:00 - 11:00 AM Livia | | Yoga Yin-Flow 10:00 - 11:00 AM Carol | |
| 10:30 am | | | | | | |
| 12:00 pm | Group Cycling 12:00 - 12:45 PM Andrew | | Group Cycling 12:00 - 12:45 PM Andrew | | | |
| 12:30 pm | | | | | | |
| 4:30 pm | | | | | | |
| 5:00 pm | Zumba 5:00-5:45 PM Elisa | 20/15/10 5:00-5:45 PM Joy | Vinyasa Yoga 5:00-6:00 PM Carol | Group Cycling 5:00-5:45 PM Joy | | |
| 5:30 pm | | | | | | |
| 6:00 pm | Strong by Zumba 6-6:45 PM Joy | WERQ 5:45-6:30 PM Angelica | Barre 6:00-6:55PM Elisa | Pop Pilates 6:00-7:00 PM Joy | | |
| 6:30 pm | | | | | | |
| 7:00 pm | | Hip Hop Spin 6:35-7:20 PM Angelica | | | | |
| 7:30 pm | | | | | | |

Special Notes:

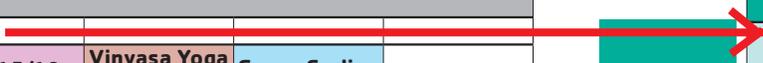
Group Cycling
Classes Require Registration
Specialty Paid Class

Hip Hop Spin
Classes Require Registration
Specialty Paid Class

20/15/20
Classes Require Registration
FREE

Tuesday

Pound
4:45-5:30 PM
Jodi



GYM

GROUP FITNESS CLASS DESCRIPTIONS



Free Queenax Classes

HIIT In a circuit environment, exercisers move through different stations using a variety of equipment while including high intensity interval training to build strength & stamina and to condition & tone. A full body workout in a fun boot camp environment.

NEW! Lunch WOD - Join us at lunch hour for a Queenax Full body circuit. Varying multiple exercises per class incorporating the Queenax functional training system while using other components such as barbells, kettlebells, and battle ropes!

Metabolic 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.

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.

Silver Sneakers Classes - Join our certified Silver Sneaker instructors and enjoy complete body movements with safe and effective exercises for any ability level. Designed for ages 55+ in mind, but great for anyone wanting low impact, functional, and a safe exercise environment! **Classes include: Cardio, Yoga, and Classic.**

Total Core - Try out this core workout with our Queenax functional training system. This class targets core muscles you may have never knew existed, while keeping the movements in safe and FUNctional manner.

Warrior Training - Become a master of your own body and learn training techniques that make you a real-life karate kid or ninja warrior! Advance through better push-ups, pull-ups, and planks. Then learn how to do pistol squats, crawl on the walls, and stand on your hands! All warriors develop abs of steel over time! Serious note, a combination of calisthenics, plyometrics, and Pilates with an emphasis on strictly body weight exercises. Get advanced training advice or follow along with the trainer in a beginner routine.

Specialty Group Fitness Classes

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. **\$24.00 for 8 weeks**

Hip Hop Spin - Ride your way to the beat with this new fun and exciting form of spinning. Burn calories with hot beats from the Hip Hop industry and choreography from our very talented and experience WERQ instructor! **\$30.00 for 8 weeks**

Free Member Group Fitness Classes

20/15/10 (Ages 16+) - Improve your cardiovascular, functionality, and strengthen your core with 20 minutes of high intensity on the bike, 15 minutes of strength and conditioning with Kettlebells and 10 minutes of Yoga/Pilates core work for a full body balanced workout. Burn calories and boost metabolism throughout the day with this complete workout! **Registration Required for a Bike.**

Barre Fitness - Barre workouts are a fusion of yoga, Pilates, strength training, and ballet. Barre classes incorporate specific sequencing patterns and isometric movements that target specific muscle groups. This pattern of exercise helps to improve strength, balance, flexibility and posture.

Cardio Core - A blend of low impact cardiovascular workout utilizing an adjustable step and basic strength training with various equipment (dumbbells, stability balls, resistance bands, etc.) A great class to learn different forms of exercise and utilizing different equipment!

Cardio Circuit - Keep your heart rate up with functional Tabata like exercises. These functional movements incorporate strength with your arms, legs, and core alike!

NEW! Cardio Strength - This class will be a mix of both aerobic and strength exercises with a flavors of kick boxing mixed in for a full body blast experience!

Forever Fit - Stay fit and learn new things with equipment exploration and full body workouts. Designed to be low impact, low intensity, but high volume. Don't be fooled, still starting the day with a challenge to complete. Something new every day.

NEW! Move Better - This class incorporates yoga, stretching, and other mobility pieces to help improve range of motion and get you feeling great at the end of the week!

POP Pilates (Ages 16+) - A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat that burns calories, increases functionality and changes the pace of traditional exercise!

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

Strong By Zumba - Combine body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every move. Every squat, every lunge, every burpee is driven by the music, helping you make the last rep, and maybe five more!

Tabata - Enjoy the fast paced, calorie burning complete workout of Tabata. Series of segments and circuits are used with time to work and short times to rest. Keeping the heart rate up, and the calorie burn to the max!

Vinyasa Yoga - Find your sequence of steps in this total inclusive full body flow of yoga poses and techniques for a total mind body experience. Anyone from advanced to beginner can benefit from Vinyasa. Find your state of mind!

Warrior Training - Become a master of your own body and learn training techniques that make you a real life karate kid or ninja warrior! Advance through better push-ups, pull-ups and planks. Then learn how to do pistol squats, crawl on the walls and stand on your hands. All warriors develop abs of steel over time! Serious note, a combination of calisthenics, plyometrics, and pilates with an emphasis on strictly body weight exercises. Get advanced training advice or follow along with the trainer in a beginner routine.

WERQ - WERQ is the wildly addictive cardio dance class based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. WERQ Instructors build a playlist based on trend-setting pop and hip-hop music. Each week a couple new routines are introduced, so you get to WERQ the routines you know and challenge yourself with ones you're learning. Ready to WERQ?

Yoga Flow - This vinyasa-style class is open to all levels and focuses on mindful movement and pairing the poses with breath work. Each class begins with a short meditation and continues with comprehensive movements for the whole body, so participants will leave feeling strong, refreshed, and ready to slay the busy life.

Yoga Yin-Flow - This class combines a Vinyasa flow by bringing postures together so that the body moves from one to another seamlessly, using breath. The Yin Yoga targets your deep connective tissues, fascia, ligaments, joints, and bones and holding poses for a longer period of time. It's slower and more meditative, giving you space to turn inward and tune into both your mind and the physical sensations of your body. This class offers two varieties of yoga incorporated into one practice.

Zumba - Perfect for everybody and any body! Each Zumba® class is designed to bring people together to sweat it out. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.