

# GROUP EXERCISE SCHEDULE



January 3 - February 26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Queenax Room</b>	<b>8:00 am</b>	<b>Silver Sneakers</b> 8:00-8:45 AM Stacy A	<b>Silver Sneakers Classic</b> 8:00-8:45 AM Rebecca	<b>Silver Sneakers Yoga</b> 8:00-8:45 AM Jodi	<b>Silver Sneakers Yoga</b> 8:00-8:45 AM Rebecca	
	<b>8:30 am</b>					
	<b>9:00 am</b>		<b>Queenax Boost</b> 9:00-9:45 AM Stacy A			
	<b>9:30 am</b>					
	<b>11:00 am</b>					<b>Queenax Recovery</b> 11:00-11:30 AM Andrew
	<b>12:00 pm</b>		<b>Queenax Circuit</b> 12:00-12:45PM Andrew		<b>Queenax Circuit</b> 12:00-12:45PM Joy	
	<b>5:00 pm</b>	<b>Queenax HITT</b> 5:00-5:45 PM Joy	<b>Queenax Core</b> 5:00-5:45 PM Jesse	<b>Queenax Boost</b> 5:00-5:45 AM Taylor	<b>Queenax Core</b> 5:00-5:45 PM Jesse	<b>Queenax HITT</b> 5:00-5:45 PM Taylor
	<b>5:30 pm</b>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Group Exercise Studio</b>	<b>5:30 am</b>	<b>Forever Fit</b> 5:30 - 6:15 AM Taylor	<b>Cardio Circuit</b> 5:30 - 6:15 AM Stacy S	<b>Forever Fit</b> 5:30 - 6:15 AM Taylor		<b>Forever Fit</b> 5:30 - 6:15 AM Taylor	
	<b>6:00 am</b>						
	<b>6:30 am</b>			<b>Group Cycling</b> 6:30 - 7:15 AM Stef			
	<b>7:00 am</b>				<b>Vinyasa Yoga</b> 7-7:55 AM Carol		
	<b>7:30 am</b>						
	<b>8:00 am</b>	<b>Barre</b> 8:00-8:55 AM Elisa	<b>Pop Pilates</b> 8:00-8:45 AM Joy	<b>Tabata</b> 8:00-8:45 AM Stacy S	<b>Barre Fitness</b> 8:00-9:00 AM Sabrina	<b>Strong by Zumba</b> 8-8:45 AM Joy	
	<b>8:30 am</b>						
	<b>9:00 am</b>	<b>20/15/10</b> 9:00-9:45 AM Joy	<b>Totally Toned</b> 9:00-10:00 AM Rebecca	<b>Body Sculpt</b> 9:00-10:00 AM Stacy A	<b>Totally Toned</b> 9:00-10:00 AM Rebecca	<b>Pop Pilates</b> 9:00-10:00 AM Joy	<b>Jump Rope Jam</b> 9-9:45 AM Jesse
	<b>9:30 am</b>						
	<b>10:00 am</b>	<b>Tabata</b> 10:00-11:00 AM Stacy A	<b>20/15/10</b> 10:00-10:45 AM Stacy A	<b>Yoga Flow*</b> 10:00 - 11:00 AM Livia			
	<b>10:30 am</b>						
	<b>12:00 pm</b>	<b>Group Cycling</b> 12:00 - 12:45 PM Andrew		<b>Group Cycling</b> 12:00 - 12:45 PM Andrew			
	<b>12:30 pm</b>						
	<b>4:30 pm</b>						
	<b>5:00 pm</b>	<b>Zumba</b> 5:00-5:30PM Elisa	<b>20/15/10</b> 5:00-5:45 PM Joy	<b>Barre</b> 5:00-5:55PM Elisa	<b>Group Cycling</b> 5:00-5:45 PM Joy		
	<b>5:30 pm</b>						
<b>6:00 pm</b>	<b>Strong by Zumba</b> 6-6:45 PM Joy	<b>WERQ</b> 5:45-6:30 PM Angelica	<b>Vinyasa Yoga</b> 6-7 PM Carol	<b>Pop Pilates</b> 6:00-7:00 PM Joy			
<b>6:30 pm</b>							
<b>7:00 pm</b>		<b>Hip Hop Spin</b> 6:35-7:20 PM Angelica					
<b>7:30 pm</b>							

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for weekly posts on upcoming classes!

Join @YMCA of Dodge County Fitness

**Special Notes:**

**Group Cycling**  
Classes Require Registration  
Specialty Paid Class

**Yoga Flow**  
Specialty Paid Class

**Hip Hop Spin**  
Classes Require Registration  
Specialty Paid Class

# GROUP FITNESS CLASS DESCRIPTIONS

## Fall Schedule



### 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.

**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.

**NEW! Queenax Circuit**- 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!

**Queenax 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.

### 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. **\$30.00 for 8 weeks**

**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. **\$30.00 for 8 weeks**

**NEW! 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! **\$15.00 for 4 weeks**

### Free Member Group Fitness Classes

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

**NEW! Jump Rope Jam** - Jump to the beat and get a quick 10 to 15-minute intense cardio and leg burn. Then finish your workout with bodyweight and core exercises to bring it all together! Join this plyometric workout which will help develop speed, power, and endurance. 10 minutes of skipping rope is equal to 30 minutes of running!

**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!

**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?

**NEW! Zumba**- Perfect for everybody and any body! Each Zumba® class is designed to bring people together to sweat it on. 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.

### Virtual Classes Via Facebook Live

Not able to make it to the gym a certain day? We have you covered! Check out our member exclusive YMCA of Dodge County Fitness page on Facebook. Classes are offered Monday through Friday. You can join a class live or pick from any previous recorded class. Over 100+ classes to choose (updated weekly)...Totally Toned, Body Solid, Monday Metabolic Jumpstart, Tabata Toned, Silver Sneakers Yoga, Yoga Flow, Body Blast, Standing Core, and much, much more!



**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!

**Body Sculpt** - Sculpt, strengthen, and learn new movements with light weights. Using full body movements and exercises, this class will help create a strong and injury resistant core for your entire body! This class is structured for anyone. Beginner friendly as well as for the more advanced individual looking for new structure!

**New! 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.

**NEW! 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.

**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!

**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!

**Totally Toned** - An intense energy-filled workout composed of toning exercises using bands, dumbbells, body bars and more!

**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!

**Metabolic Jumpstart** - Designed for maximum calorie burn. Get fit, get healthy, challenge our mind and body all while having fun! Designed for full body and packed with lots of variety and fun!

**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.**