

### TABATA

A style of high intensity interval training. This is the ultimate cardio and strength workout for participants registered in the 8-week boot-camp program. Age 16+. 45 min.

### MEN'S CORE

Focus on the muscles that will help you to improve your overall core strength, posture, and stabilization. balance training and do stretching exercises. 45 min.

### CORE CONDITIONING

A core workout combined with simple cardio combinations choreographed to music. 45 min.

### TOTAL BODY CONDITIONING

Focus on total body muscular strength and conditioning combined with cardio intervals. Come prepared for a challenge. 60 min.

### ZUMBA

A Latin dance inspired fitness session. Routines feature a combination of fast and slow rhythms that keep you moving to the beat. 60 min.

### AQUA FITNESS

A high-intensity class that emphasizes strength and endurance using resistance training. Water dumbbells, boards, and pool noodles are used to improve aerobic capacity, core strength, and muscle tone. 60 min.

### TAI CHI w Marc

This ancient Chinese martial art helps to improve balance and strengthen both the body and mind through slow graceful movements. 60 min

### KICKBOXING

High-Energy workout that combine martial arts and cardio rhythm to burn fat, tone muscle, and increase coordination and flexibility. 45 min.

Unless otherwise posted, group-exercise classes are open to individuals age 12 and above

### YOGA FOR YOU

Yoga with individual focused instruction. Learn to adjust your poses to fit your body with block, blankets, walls, straps, breath and awareness. Destress. Restore. Find strength in stillness & the power within you. Adapted for all levels. 60 min.

### OULA DANCE FITNESS

This dance style class will fuse strength and well-being for your body & mind. workouts will sculpt your body, relieve stress, and provide a space for self-expression. OULA it isn't about how you look, its about how you feel!

### SILVER SNEAKERS YOGA

This class offers a complete series of seated and standing yoga poses with or without chair support. You will increase flexibility, balance and range of movement. 45 min.

### SILVER SNEAKERS CLASSIC

Classic offers a variety of exercises designed to increase muscle strength, range of movement and activities for daily living and is suitable for all skill levels. 60 min.

### SILVER SNEAKERS SPLASH

A fun, shallow-water exercise class suitable for all skill levels and is safe for non-swimmers. 60 min.

### Tai Chi for Joint Pain w Sarah

This Sun style was adapted by Dr. Paul Lam for joint pain, fibromyalgia & arthritis. Traditional slow movements with higher stance-easy on hips & knees. Mental focus on balance and inner peace

### CYCLING

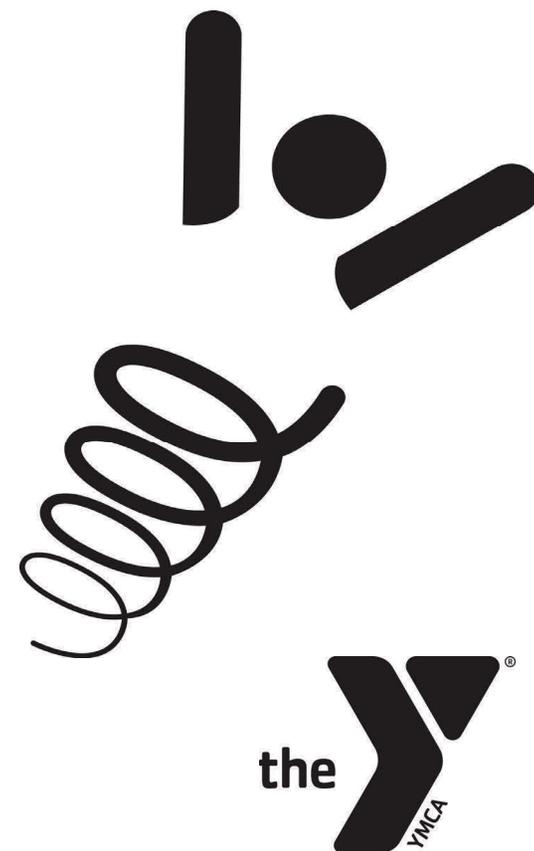
Come find your own definition of strength while you focus on breathing and the beat of the music. work at your own speed in the comfort of our dark cycling studio and feel encouraged through the positive energy of your classmates. 60 min

### Pilates

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. Emphasis on alignment, breathing, developing a strong core.

# GROUP EXERCISE SCHEDULE SESSION 3

April 1—May 12



**Brown County Community YMCA**  
**812.988.9622**