

CLASS DESCRIPTIONS:

AQUA FITNESS

Emphasizes strength & endurance using resistance training. Water dumbbells, boards, and noodles used to improve aerobic capacity, core strength, and muscle tone. 60 min.

CORE CONDITIONING

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

LAUGHTER YOGA

Turn your blah into Ha-Ha. Boost your immune system, improve circulation & respiration, and reduce stress. Spice up your spirit and add pep to your step.

Laugh for the HEALTH of it. FREE!
Donations appreciated. Available only via Zoom 30 min.

MEN'S CORE

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

HIIT/TABATA

Get fit with H.I.I.T./Tabata

Research shows that short bursts of high intensity exercise are the most efficient and effective way to get fit and improve your health. Options for all abilities! Join us on Monday's and Wednesday's to get your H.I.I.T./Tabata fix! This is the ultimate cardio and strength workout. Not valid for Flex Pass. Ages 16+. 45 min.

TOTAL BODY CONDITIONING

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

YOGA

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

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. 60 min.

SILVER SNEAKERS CLASSIC

This class offers a complete series exercises with or without chair support. You will increase balance

And movement abilities. 45 min

Youth Fencing

Tuesday's 6:30pm-8:pm

\$90members / \$110non-members
Equipment required, instructor will rent all equipment for \$20 per session, see instructor on first day of class for rental. Ages 6-12

FLEX PASS

This 12-class pass gives you the freedom to experience a wide range of classes that fit your schedule. Flex Pass allows you to attend any of our group exercise classes, unless otherwise posted, and is valid for the duration of the 6-week session.

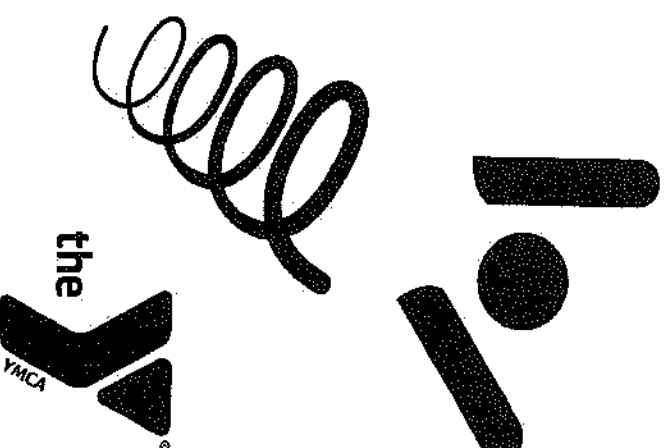
*All Classes subject to change or cancellation due to COVID-19

*Unless otherwise posted, group-exercise classes are open to individuals age 12+

GROUP EXERCISE SCHEDULE

SESSION 4

**May 16 –
June 25, 2022**



Brown County Community
YMCA
812.988.9622

GROUP EXERCISE SCHEDULE SESSION 4

May 16 - June 25, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	*HIIT/Tabata - 45. DeAnne. MPR		*HIIT/Tabata - 45. DeAnne. MPR			6:00 AM
7:00 AM	Men's Core - 45. DeAnne. MPR		Men's Core - 45 DeAnne MPR			7:00 AM
8:00 AM	Aqua Power-60. Pool		Aqua Power-60. Pool		Aqua Power-60. Pool	
8:15 AM	*HIIT/Tabata - 45. DeAnne. MPR		*HIIT/Tabata - 45. DeAnne. MPR			8:00 AM
8:30 AM		Yoga - Z 60. Sarah		Yoga - Z 60. Sarah		8:30 AM
9:00 AM	Core Conditioning - 45. Muri. MPR		Core Conditioning - 45. Muri. MPR			9:00 AM
10:00 AM		SS Yoga - Z 60. Sarah		SS Yoga - Z 60. Sarah		10:00 AM
10:15 AM	SS Classic-60. Jenny. Gym		SS Classic-60. Jenny. Gym		SS Classic-60. Jenny. Gym	10:15 AM
5:00 PM				Dog Training 60 Alice MPR		5:00 PM
5:25 PM	Total Body -60. Muri. MPR	Intense Aqua- 60. Becky/Debbie. Pool	Total Body - 60. Muri. MPR	Intense Aqua- 60. Becky/Debbie. Pool		5:25 PM
6:30 PM		Youth Fencing 90 Anthony MPR				6:30 PM

Prices per 6-week session: (member/non-member)

Flex Pass: 12-class pass good for any class of your choice*: \$72

Drop-in Fees: \$8 per class

Land Fitness Classes:

1 class per week: \$22 / \$44

2 classes per week: \$31 / \$62

Yoga: Zoom ONLY

1 class per week: \$25 / \$50

2 classes per week: \$31 / \$62

Aqua :

1 class per week: \$28 / \$56

2 classes per week: \$33 / \$66

3 classes per week: \$39 / \$78

Silver Sneakers Classes: FREE to SS members

SS Classic: \$1 drop-in for Non Y & Non-SS Members

SS Yoga: \$30 per 6 weeks for Non-SS Members

HIIT/Tabata: (*Not Flex eligible)

6 week session: \$96 / \$125

1 Class Drop-In: \$10 / \$15

Intense Aqua:
 FREE to Y members; Non-members: \$3/class
Laughter Yoga: FREE to EVERYONE!

FREE to Y Members

Self Organized. \$5 for non-members.

PICKLEBALL

M/W/F

5:30am-10am

12:30pm-3pm

T/TH

5:30am-8am

10:30am-1pm

SAT

7am-9am

BASKETBALL

M- F

5:30-6:30am

T/TH

6pm-8pm

MPR - Multi-Purpose Z - Available via Zoom

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

