

## **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. 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 stretching exercises. 45 min.

### **INTRO TO YOGA**

Introduces students to four components of yoga: postures, sequences, terminology, breathing practices, deep relaxation, and meditation.

**Benefits:** Helps transform lifestyles on many different levels. 60 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 & conditioning combined with cardio intervals. Come prepared for a challenge. 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.

### **WATER YOGA**

Water Yoga is a gentle form of yoga practiced in the water making yoga accessible to those who do not find the practice suitable on land. It is gentle on the muscles and joints.

**Benefits:** Low impact to the body; helps develop strength, static balance, and increase in range of motion. 60min

### **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 & movement abilities. 45 min

### **YOUTH FENCING**

Fencing is both a physical & a mental workout, fencers will learn to hone their strategies against opponents of varying skill levels, & build up physical endurance, agility, accuracy, confidence & sportsmanship through participation & extend throughout other areas of life.

### **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 7

### Sept 26– Nov 12, 2022



Brown County Community  
YMCA  
812.988.9622

## GROUP EXERCISE SCHEDULE SESSION 7

*Sept 26 - November 12, 2022 \*\*NO CLASSES FALL BREAK 10/10 - 10/14\*\**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:00 AM	*HIIT/Tabata - 45. <i>DeAnne . MPR</i>		*HIIT/Tabata - 45. <i>DeAnne . MPR</i>			6:00 AM
7:00 AM	Men's Core - 45. <i>DeAnne . MPR</i>		Men's Core - 45. <i>DeAnne . MPR</i>			7:00 AM
8:00 AM	Aqua Power60. Pool		Aqua Power-60. Pool		Aqua Power-60. Pool	8:00 AM
8:15 AM	*HIIT/Tabata - 45. <i>DeAnne . MPR</i>		*HIIT/Tabata - 45. <i>DeAnne . MPR</i>			8:15 AM
8:30 AM		Yoga - Z & Live 60. <i>Sarah</i>		Yoga - Z & Live 60. <i>Sarah</i>		8:30 AM
9:00 AM	Core Conditioning - 45. <i>Murl. MPR</i>		Core Conditioning - 45. <i>Murl. MPR</i>			9:00 AM
	Water Yoga- <i>Sonia</i> 60 pool			Water Yoga - 60. <i>Sonia</i> . pool		
10:00 AM		SS Yoga - Z & Live 60. <i>Sarah</i>		SS Yoga - Z & Live 60. <i>Sarah</i>		10:00 AM
10:15 AM	SS Classic-60. <i>Jenny .Gym</i>		SS Classic-60. <i>Jenny .Gym</i>		SS Classic-60. <i>Jenny .Gym</i>	10:15 AM
11:00 AM	Intro to Yoga - 60. <i>Sonia</i> MPR				Yoga - 60. <i>Sonia</i> MPR	11:00 AM
5:00 PM				PUPPY Training- 60. <i>Alice</i> MPR		5:00 PM
5:25 PM	Total Body -60. <i>Murl. MPR</i>	Intense Aqua- 60. <i>Debbie. Pool</i>	Total Body - 60. <i>Murl. MPR</i>	Intense Aqua- 60. <i>Debbie. Pool</i>		5:25 PM
6:00 PM		Youth Fencing 90 <i>Anthony</i> MPR		ADULT Dog training- 60. <i>Alice</i> MPR		6:00 PM

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

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

#### Land Fitness Classes:

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

#### HIIT/Tabata: (Not Flex eligible)

6 week session: \$96 / \$125

#### Yoga: Zoom\*\* and Live

1 class per week: \$25 / \$50  
2 classes per week: \$31 / \$62  
\*\* - Zoom Tue & Thur classes only

#### 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

#### Intense Aqua:

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

#### Drop-in Fees:

\$8 per class

### FREE to Y Members

Self Organized. \$5 for non-members.

#### PICKLEBALL

**M/W/F**  
5:30am-10am  
12:30pm-3pm  
**Beginner Fr**  
3:00pm-5:00pm  
**T/TH**  
5:30am-8am  
10:30am-1pm  
**SAT**  
7am-9am

#### BASKETBALL

**M-F**  
5:30am-6:30am  
**T/TH**  
6:00pm-8:00pm

MPR - Multi-Purpose    Z - Available via Zoom

NEW CLASSES

