

GROUP EXERCISE SCHEDULE SESSION 4

SESSION 4: May 15 – June 24, 2023

	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 45. Pool		Aqua Power 45. Pool		Aqua Power 45. Pool		8:00 AM
8:15 AM	*HIIT/Tabata - 45. DeAnne. MPR		*HIIT/Tabata - 45. DeAnne. MPR				8:15 AM
8:30 AM		Yoga - Z & Live 60. Sarah MPR		Yoga - Z & Live 60. Sarah MPR			8:30 AM
9:00 AM	Core Conditioning - 45.Murl.MPR SS Splash-45. Sonia. Pool		Core Conditioning - 45.Murl.MPR SS Splash-45. Sonia. Pool		SS Splash-45. Sonia. Pool		9:00 AM
10:00 AM		SS Yoga - Z & Live 60. Sarah MPR		SS Yoga - Z & Live 60. Sarah MPR		Youth Brazilian Jiu-Jitsu - 45 Tyson MPR	10:00 AM
10:15 AM	SS Classic-45. Jenny.Gym		SS Classic-45. Jenny.Gym		SS Classic-45. Jenny.Gym		10:15 AM
11:00 AM						Adult Brazilian Jiu-Jitsu - 60 Tyson MPR	11:00 AM
5:00 PM		Youth Brazilian Jiu-Jitsu - 45 Tyson MPR		PUPPY Training- 60. Alice MPR			5:00 PM
5:25 PM	Total Body -60.Murl.MPR	Intense Aqua-60. Debbie.Pool	Total Body -60.Murl.MPR	Intense Aqua- 60. Debbie.Pool			5:25 PM
6:00 PM		Adult Brazilian Jiu-Jitsu - 60 Tyson MPR		ADULT Dog training- 60. Alice 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: \$25 / \$50
2 classes per week: \$33 / \$66

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

Yoga: Zoom** and Live

1 class per week: \$25 / \$50
2 classes per week: \$33 / \$66
**- 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 & SS Splash:

\$30 NON-SS & Y members
\$60 NON-SS & NON-Y per 6 weeks

**Z - Available via Zoom MPR - Multi-Purpose

CLASS DROP-IN FEES:

\$8 per class

Intense Aqua:
FREE to Y members;
Non-members: \$3/class

FREE to Y Members

Self-Organized. \$5 for non-members.

PICKLEBALL	BEGINNER Pickleball	\$3 JH\HS
M\W\F	FRI	OPEN GYM
5:30am-9am	3pm-5pm	T\TH
12:30-3pm		3pm-5pm
T/TH	BASKETBALL	SOCCER
5:30-8am	MON-FRI	SAT
10:30am-1pm	5:30am-6:30am	9:30am-12pm
1pm-3pm	T/TH 18+	
SAT	6p-8pm	
7am-9am		



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.

45 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.

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.

SILVER SNEAKERS SPLASH

A fun shallow-water exercise suitable for all skill levels and is safe for non-swimmers. 45 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 & movement abilities.

45 min

Brazilian Jiu-Jitsu (BJJ)

A self-defense martial art and combat sport based on grappling, ground fighting, and submission holds. BJJ revolves around the concept, taken from traditional Japanese Jujutsu, that a smaller, weaker person can successfully defend themselves against a bigger, stronger, heavier opponent by using leverage and weight distribution, taking the fight to the ground and using a number of holds and submissions to defeat them.

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.

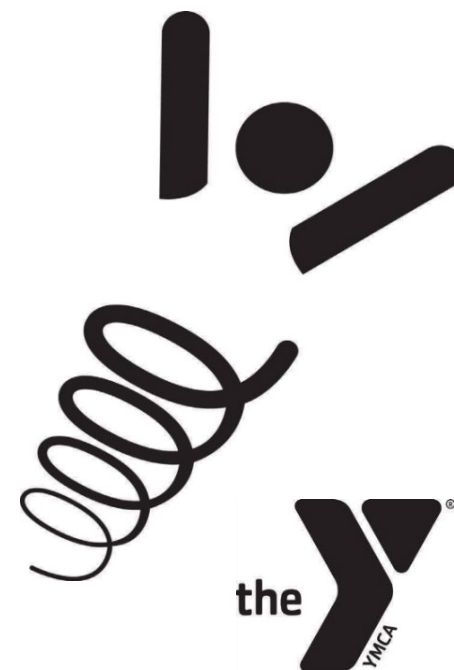
**All Classes subject to change or cancellation due to COVID-19

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

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Brown County Community YMCA
812.988.9622