

GROUP EXERCISE SCHEDULE SESSION 8

SESSION 8: Nov 13 – Dec 16, 2023 (This is a 5-week session)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 AM	*HIIT/Tabata - 45. <i>DeAnne. MPR</i>	Spin and Sculpt – 45 <i>Alice MPR</i>	*HIIT/Tabata - 45. <i>DeAnne. MPR</i>	Spin and Sculpt – 45 <i>Alice 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 Power 60. Jen Pool		Aqua Power 60. Jen Pool		Aqua Power 60. Jen 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 MPR</i>		Yoga - Z & Live 60. <i>Sarah MPR</i>			8:30 AM
9:00 AM	Core Conditioning - 45.Murl.MPR Water Yoga 45. Sonja Pool		Core Conditioning - 45.Murl.MPR Water Yoga 45. Sonja Pool		Water Yoga 45. Sonja Pool		9:00 AM
10:00 AM	SS Splash-45. Sonia. Pool	SS Yoga - Z & Live 60. <i>Sarah MPR</i>	SS Splash-45. Sonia. Pool	SS Yoga - Z & Live 60. <i>Sarah MPR</i>	SS Splash-45. Sonia. Pool	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
12:00pm				Silver Strings 120 Kara			
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. Dana.Pool	Total Body -60.Murl.MPR	Intense Aqua- 60. Dana.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 5-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: \$21 / \$42
2 classes per week: \$27 / \$55

Aqua:

1 class per week: \$23 / \$46
2 classes per week: \$27 / \$54
3 classes per week: \$32 / \$64

HIIT/Tabata: (*Not Flex eligible)

5-week session: \$80 / \$104
1 Class Drop-In: \$10 / \$15

Yoga: Zoom and Live**

1 class per week: \$21 / \$42
2 classes per week: \$27 / \$55
** - 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:

\$25 NON-SS & Y members
\$50 NON-SS & NON-Y per 5 weeks

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

CLASS DROP-IN FEES:

\$8 per class

Brazilian Jiu-Jitsu (*Not flex or drop-in eligible)

\$42 members/\$50 non-members

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

FREE to Y Members

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

PICKLEBALL

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

BEGINNER Pickleball

FRI
3pm-5pm

BASKETBALL
MON-FRI
5:30am-6:30am
T/TH 18+
6p-8pm

\$3 JH\HS

OPEN GYM
T\TH
3pm-5pm

SOCCER
SAT
9:30am-12pm



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.

WATER YOGA

Water (Aqua) 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.

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

SPIN AND SCULPT

Cycling is a full-body workout, An indoor stationary cycling program for all levels of fitness. The efficient, high-energy, group exercise integrates music, camaraderie, and visualization to take you on a fun calorie-burning ride, meaning your whole body—legs, arms, core, heart, lungs—will be engaged.

45 min.

BRAZILIAN JIU-JITSU (BJJ)

A self-defense martial art and combat sport based on grappling, ground fighting, and submission holds. Ages 5 & up

Not valid for Flex Pass.

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.

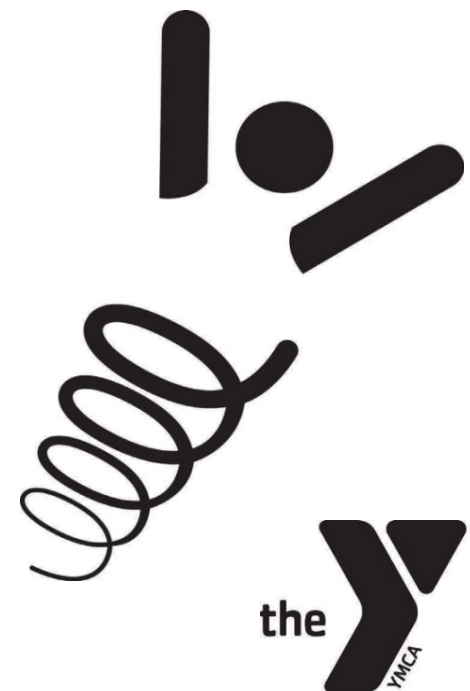
**All Classes subject to change or cancellation due to COVID-19

*Unless otherwise posted, group-exercise classes are open to individuals age 16+

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Brown County Community YMCA

812.988.9622

105 Willow St., Nashville, IN 47448