

# GROUP EXERCISE SCHEDULE

SESSION 5: June 24 – Aug 3, 2024

Prices per 6-week session:

(member/non-member)

*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

CLASS DROP-IN FEES: \$8 per class

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

Silver Sneakers Classes are **FREE to SS members ONLY**

SS Yoga:

Silver Sneakers Members only: FREE  
1 class per week: \$15 / \$30  
2 class per week: \$30 / \$60


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

SS Splash: FREE for SS Members  
For NON-SS Y members and NON-Y members:

1 class per week: \$12 / \$24  
2 classes per week: \$24 / \$48  
3 classes per week: \$30 / \$60

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	*HIIT/Tabata - 45. DeAnne. MPR		*HIIT/Tabata - 45. DeAnne. MPR		
7:00 AM	Men's Core - 45. DeAnne. MPR		Men's Core - 45. DeAnne. MPR		
8:00 AM	Aqua Power 60.Jen Pool		Aqua Power 60. Jen Pool		Aqua Power 60. Jen Pool
8:15 AM	*HIIT/Tabata - 45. DeAnne. MPR		*HIIT/Tabata - 45. DeAnne. MPR		
8:30 AM		Yoga - Z & Live 60. Sarah MPR		Yoga - Z & Live 60 Sarah MPR	
9:00 AM	Core Conditioning - 45.Murl.MPR		Core Conditioning - 45.Murl.MPR		
	Water Yoga 50 Sonia Pool		Water Yoga 50 Sonia Pool		Water Yoga 50 Sonia Pool
10:00 AM	SS Splash-45. Sonia. Pool	SS Yoga - Z & Live 60. Sarah MPR	SS Splash-45. Sonia. Pool	SS Yoga - Z & Live 60. Sarah MPR	SS Splash-45. Sonia. Pool
10:15 AM	SS Classic-45. Jenny.Gym		SS Classic-45. Jenny.Gym		SS Classic-45. Jenny.Gym
12:00pm				Silver Strings 120 Kara	<b>SAT</b>  <b>10 AM: Youth</b> Brazilian Jiu-Jitsu 45 Tyson MPR  <b>11 am: Adult</b> Brazilian Jiu-Jitsu 60 Tyson MPR
4:00 PM	Wrestling Club – 60 Derek MPR		Wrestling Club – 60 Derek MPR		
4:15 PM		Zumba – 50 Royann		Zumba – 50 Royann	
5:25 PM	Total Body -60.Murl.MPR	Youth Brazilian Jiu-Jitsu - 45 Tyson MPR	Total Body -60.Murl.MPR	Intense Aqua- 60. Dana.Pool	
		Intense Aqua-60. Dana.Pool		PUPPY Training- 60. Alice MPR	
6:30 PM		Adult Brazilian Jiu-Jitsu - 60 Tyson MPR	Tai Chi - 30 Shane MPR	ADULT Dog training - 60 Alice MPR	



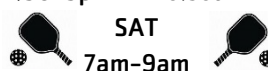
FREE to Y Members:  
Self-Organized.  
\$5 for non-members.



**TABLE TENNIS CLUB**  
THUR: 7pm -9pm

**BEGINNER PICKLEBALL**  
Fri  
3pm – 5pm  
Tue 1pm-3pm

**PICKLEBALL**  
M\W\F T\TH  
5:30am-9am 5:30-8am  
12:30-3pm 10:30am-1pm



**OPEN GYM:** \$3 JH\HS - T\TH 3pm-5pm

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



**Brazilian Jiu-Jitsu**  
(\*Not flex or drop-in eligible)  
\$50 members  
\$60 non-

## 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.

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

### 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. Ages 5 & up

*\*Not valid for Flex Pass.*

### FLEX PASS

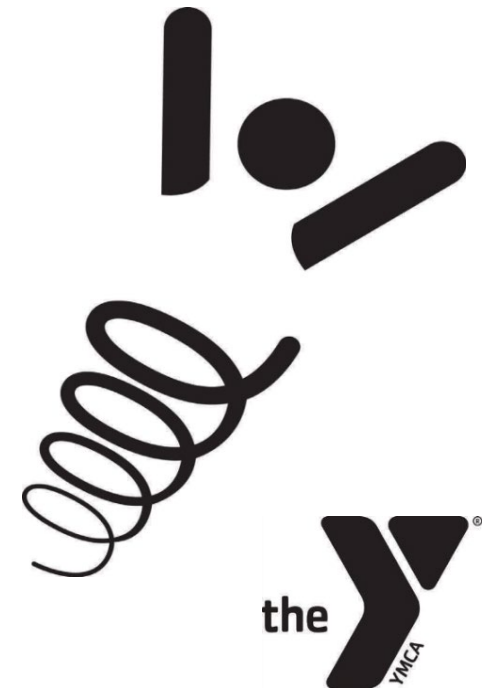
\*This 12-class pass gives you the freedom to experience a wide range of classes that fit your schedule. Flex Pass allows you to attend any of our group exercise classes, unless otherwise posted, and is valid for the duration of the 6-week session.

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

# GROUP EXERCISE SCHEDULE

## SESSION 5

June 24 – Aug 3, 2024



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

105 Willow St., Nashville, IN 47448