



# GROUP EX SCHEDULE

OSAGE PRAIRIE YMCA

MARCH 2023

MON	TUES	WED	THURS	FRI	SAT
5:00 AM CROSSFIT	5:00 AM CROSSFIT		5:00 AM CROSSFIT	5:00 AM CROSSFIT	8:30 AM SWEAT
8:00 AM WATER AEROBICS		5:30AM RPM (SPIN)	6:00 AM SWEAT	5:30 AM RPM (SPIN)	9:00 AM CROSSFIT
8:30AM CROSSFIT	8:30AM CROSSFIT	8:00AM WATER AEROBICS	8:30 AM CROSSFIT	8:00AM WATER AEROBICS	
9:30 AM SILVER SNEAKERS	10:00AM LONGEVITY		10:00 AM LONGEVITY	8:15 AM BODY FLOW	
	4:30PM KICKBOXING		12:00PM KICKBOXING DEVEN	8:30 AM CROSSFIT	
5:15 PM CROSSFIT	5:30 PM SWEAT		5:15 PM CROSSFIT	9:30 AM SILVER SNEAKERS	
5:30 PM RPM(SPIN)	5:15 PM CROSSFIT	5:30PM BODY PUMP	5:30 PM JUST DANCE	5:15 PM CROSSFIT	
5:30PM WATER AEROBICS	6:15 PM JUST DANCE	5:30 PM WATER AEROBICS	6:15 PM BODY FLOW	5:15 PM WATER AEROBICS	
6:15PM BODY FLOW					

## CLASS LIST

### BODY PUMP

KERRI

### LONGEVITY

BECKY

### KICKBOXING

DEVEN

### SILVER SNEAKERS

SAMIE

### WATER

### AEROBICS

RANEA

ANN

### JUST DANCE

RACHAEL

### SWEAT

KASHA

### RPM (SPIN)

ASHLEY

### BODY FLOW

RACHAEL

### CROSSFIT

LUKE

CARLI

ASHLEY



# CLASS DESCRIPTIONS

Just Dance: This fun dance class utilizes a combination of dance movements for a fun, effective, and dynamic fitness system.

Body Flow: a full-body workout designed to increase flexibility, strengthen the core, and create a lasting sense of well-being. Is a fun mixture of Pilates, Yoga, and Tai Chi. With plenty of stretching and low-impact body-weight strength movements, you'll be challenged in new ways.

Body Pump: a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned, and fit. It uses a combination of motivating music, fantastic instructors, and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

Sweat: constantly varied functional fitness movements, cardio-based and relatively high-intensity interval training. With body-weight and strength training options incorporated into each class, the quick-paced, 30-minute class is designed to make sure you sweat! Modifiable for most levels of ability.

Longevity: A 30-minute program focused on the 55+ demographics designed to restore/improve mobility first and applies scalable movements to improve overall health and fitness. Movement first, intensity second.

Water Aerobics: Get a low-impact workout using the resistance of water. Classes are open to any level of ability and workouts can be adapted to the intensity level that fits your goals. This class also offers social opportunities to connect with others.

Silver Sneakers: This class is a unique physical activity, lifestyle, and socially-oriented program designed to encourage physical activity and foster an active lifestyle. The program reflects active older adults, promotes social interaction, and encourages participation in healthy lifestyle activities, showing that it's easy to get fit, have fun and make friends. \*Chair bound or free mobility.

Kickboxing: This class provides a total body workout that targets core strength and balance. Participants work with a partner, practicing kicks, punches, and self-defense strategies designed to increase cardiovascular endurance, muscular strength, range of motion, and agility. The total effect of the class is the development of body and mind while having FUN!

Spin: Spinning classes focus on resistance-based intervals, heart rate training, and sometimes getting a full-body workout. The in-person instructor at the head of the class will lead you through each interval while riding along with you.