



# FAMILY YMCA OF BLACK HAWK COUNTY

Group Exercise Schedule – Summer 2022 Effective July 4, 2022 (rev. 6/28/22)

“Surround yourself with sights and sounds and people who give you pleasure” – Lynda J. Carr

Find your Y – You’re Welcome Here.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gentle Yoga</b> 5:30-6:30 AM Group Exercise Studio Instructor: Allie	<b>LesMills BODYPUMP</b> 5:30 – 6:30 AM Group Exercise Studio Instructor: Juliann	<b>Gentle Yoga</b> 5:30-6:30 AM Group Exercise Studio Instructor: Allie	<b>LesMills BODYPUMP</b> 5:30-6:30 AM Group Exercise Studio Instructor: Juliann		<b>LesMills BODYPUMP</b> 8:00 – 9:00 AM Group Exercise Studio Instructor Rotation: Mike, Becca, Kelsey, Juliann	
<b>Cycling</b> 6:00 – 6:45 AM <i>Vera Sulentic Cycling Studio</i> Instructor: Kris	<b>SilverSneakers</b> 8:00-9:00 AM Group Exercise Studio Instructor: Sarah	<b>Cycling</b> 6:00 – 6:45 AM <i>Vera Sulentic Cycling Studio</i> Instructor: Kris	<b>SilverSneakers</b> 8:00-9:00 AM Group Exercise Studio Instructor: Sarah		<b>Yoga*</b> 9:15-10:15 AM Group Exercise Studio Instructor: Kelsey	
<b>SilverSneakers</b> 10:30 – 11:30 AM Group Exercise Studio Instructor: Sarah	<b>Yoga*</b> 9:15-10:00 AM Group Exercise Studio Instructor: Brooke	<b>D2G SocaFit</b> 9:15-10:15 AM Group Exercise Studio Instructor: Daphne		<b>LesMills BODYPUMP</b> 9:15-10:15 AM Group Exercise Studio Instructor: Kelsey	<b>D2G SocaFit</b> 10:30-11:30 AM Group Exercise Studio Instructor: Daphne	
<b>Chair Yoga</b> 11:30 – 12:15 PM Group Exercise Studio Instructor: Jessi	<b>SilverSneakers</b> 10:45 – 11:45 AM Group Exercise Studio Instructor: Debbie	<b>SilverSneakers</b> 10:30 – 11:30 AM Group Exercise Studio Instructor: Daphne		<b>SilverSneakers</b> 10:30 – 11:30 AM Group Exercise Studio Instructor: Daphne	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Kids’ Adventure Center Hours: (Free Membership Benefit)</b></p> <p><b>T/W/F 9:00-11:30 AM M-Th 4:30-7:00 PM Saturday 8:00-11:30</b></p> </div>	
	<b>Super Circuit *</b> 12:15 – 12:45 PM Group Exercise Studio Instructor: Summer	<b>SilverSneakers EnerChi</b> 11:30 – 12:30 PM Group Exercise Studio Instructor: Daphne	<b>Super Circuit*</b> 12:15 – 12:45 PM Group Exercise Studio Instructor: Summer	<b>Strength &amp; HIIT</b> 12:15-1:00 PM Group Exercise Studio Instructor: Hannah		
<b>HIIT*</b> 4:30 – 5:25 PM Group Exercise Studio Instructor: Hannah						
<b>LesMills BODYPUMP</b> 5:30 – 6:30 PM Group Exercise Studio Instructor: Becca	<b>HIIT*</b> 4:30 – 5:25 PM Group Exercise Studio Instructor: Hannah	<b>HIIT*</b> 4:30 – 5:25 PM Group Exercise Studio Instructor: Sarah	<b>HIIT*</b> 4:30 – 5:25 PM Group Exercise Studio Instructor: Sarah			
<b>D2G SocaFit</b> 6:40-7:40 PM Group Exercise Studio Instructor: Daphne		<b>LesMills BODYPUMP</b> 5:30 – 6:30 PM Group Exercise Studio Instructor: Mike	<b>D2G SocaFit</b> 5:40-6:40 PM Group Exercise Studio Instructor: Daphne			

\* - Outdoor Class Option – Check with membership desk.

**YMCA group exercise classes are for all fitness levels and ages 10 and up (unless otherwise noted).**

**Classes highlighted are on MotionVibe, virtual option for at-home fitness!**



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**Class Descriptions** - At the YMCA, everyone is welcome in our classes, regardless of fitness level. Ages 10 and up may attend unless otherwise noted. Our instructors are welcoming and helpful to assist and modify classes to help you reach your highest potential.

**Chair Yoga:** Improve your strength, flexibility and mobility through standing or seated yoga poses specially adapted for seniors or those with mobility or joint limitations. Chairs are provided to keep everyone safe and supported.

**Cycling:** Add a new element to your exercise program with this high-energy bike class that is designed for beginners and advanced alike because you set your own pace and tension. You will run, sprint, jump, and climb your way to a healthier you.

**D2G SocaFit:** Experience authentic Soca Caribbean culture with music and moves representing global fusions from Asia, Africa, Americas, and Europe - full of funk, rhythm, and soul with easy-to-follow steps through heart-thumping cardio, feel-good wines, toning flag work, and community carnival celebrating diversity and sharing the good vibes of Soca. Everyone is welcome, so let us Dance 2-Gather and enjoy the Soul of Calypso!

**Gentle Yoga:** Classes will include basic yoga poses guided in a slow, low-impact way to warm up the body. As well as slower-paced movements focusing on alignment, strength, balance, and flexibility. Each class will end with an extended period of relaxation. No experience or flexibility is required. Mats, blocks, straps, and/or chairs are available.

**Forever Fit:** Calling all active seniors! Move and strengthen your body with this class specifically targeting your major muscle groups. We will focus on movement, strength, fall-prevention and core work to ensure you stay healthy and strong for better quality of life. All fitness levels welcome!

**HIIT:** HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time! The equipment you'll use will change constantly - dumbbells, step, kettlebell, TRX, even body weight. Suitable for intermediate to advanced fitness levels.

**Les Mills BODYPUMP:** This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you want fast! Suitable for all fitness levels.

**Les Mills BODYCOMBAT:** This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Our highly-trained expert instructors will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

**SilverSneakers@:** Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and skills for daily living activities. Weights, elastic tubing, and a Silver Sneakers ball are all offered for resistance. A chair is used for seated and/or standing support.

**SilverSneakers EnerChi:** SilverSneakers EnerChi combines easy-to-learn tai chi forms and qigong exercises to improve physical and mental well-being through weight transfer and rhythmic movement with focused breathing. Chair support is offered to facilitate standing stability and seated exercise options.

**Super Circuit:** This class is designed to strengthen and tone while leaving you breathless! It uses a variety of equipment from free-weights to stepplatforms as well as incorporating running, plyometrics, jumping, and medicine balls! Suitable for intermediate to advanced fitness levels.

**Yoga:** Classes will include basic yoga poses with warm up and slow transitions. Movement will focus on core, alignment, strength, balance, and flexibility. Each class will end with an extended period of relaxation. No experience or flexibility is required. All fitness levels welcome – our instructors are great at modification. Mats, blocks, straps, and/or chairs are available.

### Questions?

Contact: Chelsey Bowermaster. Associate Executive Director, [wellness@blackhawkyymca.org](mailto:wellness@blackhawkyymca.org)