



Central Lake YMCA

Group Exercise Schedule

Summer Session I May 31st– July 11th
Summer Session II July 12th– August 22nd

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|--|--|
| 6:00-7:00am Zumba Terri (MP room) | 6:00-7:00am Zumba Neysa (MP room) | 6:00-7:00am Early Bird Spin Ken (MP Room) | 6:00-7:00am Zumba Terri (MP room) | 6:00-7:00am Early Bird Spin Ken (MP Room) | 7:00-7:50am Weekend Ride JR (MP room) | Body Power 8:00-9:00am Robert (MP Room) |
| 7:30-8:00am Muscle Express Anne (MP room) | | 7:30-8:00am Muscle Express Anne (MP room) | | 7:30-8:00am Muscle Express Anne (MP room) | 7:30-8:30am Muscle Sculpting Kathy (LF Room) | Yoga Fundamentals 8:00-9:10am Ralph (LF Room) |
| 8:00-8:55am Interval Training Anne (MP room) | 9:00-10:00am Active Mature Adults John (MP Room) | 8:00-8:55am Step & Sculpt Anne (MP room) | | 8:00-8:55am Zumba Anne (MP room) | 8:00-9:00am Body Power Maria (MP room) | Zumba 9:15-10:15am Terri (MP Room) |
| 9:15-10:30am Step & Sculpt Felicia (MP room) | | 9:15-10:30am Spin N Abs Felicia (MP room) | 9:00-10:00am Active Mature Adults John (MP Room) | 9:15-10:30am Step & Sculpt Felicia (MP room) | 9:15-10:15am Power Hour Yelena (MP room) | |
| | 11:10-11:55am Yoga Melissa (MP Room) | | 10:15-11:00am Gentle Yoga Melissa (MP Room) | 10:45-11:30am Zumba Gold Anne (MP Room) | 9:00-9:45am Kids Fitness Robert (LF Room) | |
| | 12:00-12:55pm Muscle Works Maria (MP Room) | 12:00-1:00pm Zumba Terri (MP Room) | 12:05-12:55pm Muscle Works Anne (MP room) | | 10:15-11:00 Kids Yoga Melissa Ages 6-11 (LF Room) | |
| | 1:00-2:00pm Body Power Maria (MP room) | | 1:00-1:45pm Zumba Anne (MP room) | | 11:00-12:00pm Yoga Melissa (LF room) | |
| | | | | | 10:30-12:30 Aikido (adult) Jeff (MP room) | |
| 3:45-4:45pm Aikido (children) Jim (MP room) | 5:30-6:30pm Boot Camp Sgt. Robert (Outside) NEW | 3:45-4:45pm Aikido (children) Jim (MP room) | | | 10:30-11:30am Boot Camp Sgt. Robert (Outside) NEW | |
| 5:15-6:00 pm Zumba Neysa (MP room) | 5:15-6:00pm Belly-Dance Zafirah (MP room) NEW | 5:15-6:00pm Zumba Anne (MP room) | 5:30-6:15pm Zumba Terri (MP Room) | 4:30-5:10pm Kids Zumba 6-12 Jaclyn (MP room) | | |
| 6:15-7:15pm Boot Camp Robert (MP Room) | 6:15-7:15pm Step/Sculpt Karen (MP room) | 6:15-7:15pm TKD Tony (MP room) | 6:30-7:30pm Turbo Strengthening Robert (MP Room) | 5:25pm-6:10pm Zumba Jaclyn (MP Room) | | |
| 6:30-7:45pm Yoga Ralph (LF Room) | 7:20-7:50pm Body Toning Karen (MP) | 6:30-7:30pm Pilates Karen Sue (LF Room) | 6:30-7:30pm Yoga Fit Clair (LF Room) | 6:15pm-8:15pm TKD Tony | | |
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CLASS DESCRIPTIONS

The Central Lake YMCA Fitness Classes give young adults ages 12-15 the opportunity to join their parents for a workout. Parents MUST accompany young adults to class.

Participants MUST register for EACH class!

Multiple Fitness Class Prices: 1st class - full price 2nd class - 25% off 3rd and more class - 50% off

All Classes are FREE to Lake County YMCA Members

Kids Fitness Class are \$40/members and \$84/non-members (Sign up for 2 classes receive \$5 off 2nd class, Sign up for 3 classes receive \$10 off 3rd class!)

Aikido \$75/member and \$84/non-members per session

Tae Kwon Do \$60/month for members and \$92/non-members

** Classes are subject to cancellation due to participation with less than 4 participants consistently or low enrollment

Zumba

Dance your way to a fitter you with this exciting new class incorporating unique Latin moves and rhythms. This is a great cardio workout and will help to shape a better you!

Step & Sculpt

This multi-level class is appropriate for every fitness level, combining step with muscle conditioning and we won't forget the abs.

Body Power

This is a muscle conditioning class will add strength & abs utilizing a barbell and free weights. This program will help boost your metabolism and give you solid abs.

Power Hour

This class is for all exercise levels and combines step combinations with intervals of muscle toning.

Muscle Express

Tone and sculpt your waistline while strengthening your ab and glutes muscles for better posture and strength all in 30 minutes!

Interval Training

Rise and shine! Start the day off the right way by getting a combo of cardio and muscle conditioning all in one workout.

Muscle Works/Sculpting

This class will increase your strength, muscular endurance, and joint flexibility. Progressive flexibility allows full range of motion and better daily and athletic performance.

Boot Camp

This is a class will tackle problem areas with sure fire circuit training. We will combine upper & lower body sculpting moves to say goodbye to muffin tops, saddlebags, & wobbly arms.

Kids Fitness Class

This is a class is to help kids stay in healthy and active by using circuit training. Kids will work their muscles out along with getting their heart rate up through cardio activities.

Kids Yoga

This is a class is designed to teach children strength, balance, and flexibility through songs and games.

Active Mature Adults

This is a light to moderate class that works on slowly improving overall flexibility, cardio-aerobics, muscle strength

Zumba Gold– This is a slower paced cardio workout. This class is appropriate for those who are recovering from injury and our active older adult population.

Spin N Abs come and enjoy this high energy spin class set to motivating music to get you going! We will end the fun with some ab work. Don't forget a towel & water bottle!

Y Cycle ~ Early Bird Cycle ~ Weekend Ride

Come and enjoy this HIGH intensity cycling class, with simulated terrain changes set to motivating music.

Pilates

This class will focus on the fundamentals of Pilates in order to improve posture, increase muscle tone and decrease risk of injuries.

Yoga /Teen Yoga

This class will help you focus on breathing and quieting your mind to enhance full body awareness, through a variety of postures.

Yoga Fundamentals

This class will teach you basic yoga poses and breath work to get you prepared to flow through a flowing sequence.

Gentle Yoga

This class is for those recovering from injury, pregnant or looking for a gentle meditative workout.

Turbo Strengthening Class

Incinerate fat with calorie burning combo moves that strengthen several muscles at one time for a total body makeover, and challenges every major muscle for total Body Make Over!

Belly-Robics

Learn all the basic belly dance movements including slides, circles and more! You will burn fat, while being kind to joints and use low-impact moves for optimal fitness.

Extreme Boot Camp

Will target trouble zones, increase endurance, flexibility, agility and strength.