

O'Brien/YMCA Partnership Group Fitness Schedule

All classes are held at the O'Brien Center. Room names are as follows: Bendix, Oliver, Potawatomi, and Studebaker.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*BODYPUMP™ 9:15-10:15am Studebaker (Aleigha)</p> <p>RPM™ 10:30-11:15am Potawatomi (Krista)</p>	<p>*BODYPUMP™ Express 5:30-6:00am Bendix (Karin)</p> <p>CXWORX™ 6:05 -6:35am Bendix (Karin)</p> <p>Body Toning 9:00-10:00am Studebaker (Missy)</p> <p>Pilates 10:15-11:00am Bendix (Lori)</p> <p>Yoga 4:00-5:00pm Studebaker (Diane)</p> <p>*Cardio Pump 5:30-6:30pm Studebaker (Ashley R)</p> <p>Cycling 5:30-6:30pm Potawatomi (Melissa)</p> <p>*BODYPUMP™ 6:45-7:45pm Bendix (Heather)</p> <p>Hip Hop 6:45-7:30pm Studebaker (Jess)</p> <p>POUND® 7:45-8:30pm Studebaker (Michelle)</p>	<p>*CST 5:15-6:15am Studebaker (Ashley R)</p> <p>RPM™ 5:30-6:15am Potawatomi (Mandy)</p> <p>ZUMBA® 9:00-10:00am Studebaker (Karin)</p> <p>Interval Spinning 9:30-10:30am Potawatomi (Lori)</p> <p>BODYPUMP™ 10:00-11:00am Bendix (Ashleigh A)</p> <p>Cardio Mix 4:30-5:00pm Studebaker (Lori)</p> <p>Body Toning 5:05-5:35pm Studebaker (Lori)</p> <p>*Kettlebells 5:40-6:40pm Studebaker (Nicole)</p> <p>Pilates 5:45-6:30pm Bendix (Lori)</p> <p>Cycling 5:45-6:30pm Potawatomi (Linnzi/Betsy)</p>	<p>Yoga 5:30-6:30pm Oliver (Annette/Cindy)</p> <p>*BODYPUMP™ Express 5:30-6:00am Bendix (Karin)</p> <p>CXWORX 6:05-6:35am Bendix (Karin)</p> <p>RPM™ 9:00-9:45am Potawatomi (Rian)</p> <p>Body Toning 9:00-10:00am Studebaker (Missy)</p> <p>Cardio Kickboxing 5:15-6:30pm Stage (Diana)</p> <p>*Cardio Pump 5:30-6:30pm Studebaker (Ashley R)</p> <p>Cycling 5:30-6:30pm Potawatomi (Tom)</p> <p>Cardio Drumming 5:30-6:20pm Oliver (Jess)</p> <p>*BODYPUMP™ 6:45-7:30pm Bendix (Mandy)</p> <p>DanceFit 6:45-7:30pm Studebaker (Jenni)</p> <p>Yoga 7:00-8:00pm Oliver (Jamie)</p>	<p>*CST 5:15-6:15am Studebaker (Ashley R)</p> <p>RPM™ 5:30-6:15am Potawatomi (Mandy)</p> <p>ZUMBA® 9:00-10:00am Studebaker (Nicci/Karin)</p> <p>Interval Spinning 9:30-10:30am Potawatomi (Lori)</p> <p>Cardio Barre/ Pilates 4:30-5:00pm Studebaker (Lori)</p> <p>Body Toning 5:05-5:35pm Studebaker (Lori)</p> <p>*Kettlebells 5:40-6:40pm Studebaker (Mikaela)</p> <p>Pilates 5:45-6:30pm Bendix (Lori)</p> <p>Cycling 5:45-6:30pm Potawatomi (Betsy/Linnzi)</p>	<p>Pilates/Barre 8:30-9:15am Studebaker (Lori)</p> <p>*BODYPUMP™ 9:00-9:45am Bendix (Karin)</p> <p>Interval Spinning 9:30-10:30am Potawatomi (Lori)</p> <p>BODYFLOW™ Flexibility 10:15-11:00am Bendix (Karin)</p> <p>Core Yoga 4:00-5:00pm Studebaker (Diane)</p> <p>BODYPUMP™ 5:30-6:30pm Bendix (Kim)</p>	<p>Cycling 7:30-8:30am Potawatomi (Melissa)</p> <p>*BODYPUMP™ 8:00-9:00am Bendix (Ashleigh A)</p> <p>*Cardio Pump 8:45-9:45am Studebaker (Ashley R)</p> <p>*GRIT™ Strength 9:15-9:45am Bendix (Ashleigh A)</p> <p>BODYFLOW™ Flexibility 9:00-9:45am Oliver (Rian)</p> <p>DanceFit 10:00-10:45am Studebaker (Jenni)</p>



IN PARTNERSHIP

GROUP FITNESS CLASS DESCRIPTIONS

BODYFLOW™ Flexibility– A yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

***BODYPUMP™** – is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone to get lean, toned, and fit-fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Offered as a 60, 45 or 30 minute workout.

Body Toning - Be ready to use exercise stability balls, hand weights, and other equipment to get perfect definition in those tough-to-tone areas! This class is good for all levels of fitness. Get ready to feel the burn.

Cardio Drumming - Drumming exercises provide a full-body workout! What is it? Fuse conditioning moves and cardio interval training with the distracting fun of drumming, and you're cardio drumming!

Cardio Mix - With this 30-minute class you never know what you're going to get! Low-impact aerobics, step aerobics, and cardio dance moves-this class burns calories and conditions your heart. Good for most levels of fitness. It will make you feel invigorated!

***Cardio Pump/CST** - You'll use weight bars, dumbbells, stability balls and more to get your sculpt on and tone your body!

CXWORX™ – is a 30 minute core, hip, glutes and lower back workout. All the moves in CXWORX have options, so it's challenging but achievable at your own level of fitness. We utilize weights, resistance bands and body weight to build a stronger core.

Cycling - for all fitness levels. This cardio-cycling class will help you burn fat, tone your body, strengthen your heart and increase your endurance while using a stationary bicycle.

DanceFit - a high energy, low impact dance workout for anyone who enjoys moving to the beat. Basic dance moves are combined with dynamic strengthening and core exercises to sculpt and tone your body while burning calories. Verbal cues are given for every sequence, offering optional levels of difficulty that ebb and flow across a wide range of musical styles and tempos. All fitness levels encouraged to come! No dance experience required!

***GRIT™ Strength** – this 30 minute HIIT class works all of your major muscle groups to build lean muscle and send your metabolism into overdrive to burn fat for hours after the workout!

Hip Hop – A cardiovascular workout using urban upbeat Hip Hop music. Step by step movements with fun choreography, so you can get your feet moving and your heart pumping.

***Kettlebells** - This class will help you meet your fitness goals in new and exciting ways. Power Circuit will help you increase your flexibility, strength, and build an amazing cardiovascular system in no time! In this class we will use TRX systems, rope (slams), medicine balls, jump ropes, kettlebells, dumbbells, stability balls, and BOSU trainers. We use a combination of functional training, plyometrics, and much more to help you reach your goals.

Cardio Kickboxing – High-energy, high-intensity class using kickboxing bags – join us for the real deal! Gloves or hand wraps are recommended.

Pilates - With a Zen atmosphere for your mind and body, you'll work your core safely and efficiently in this 45 minute class. You'll work and sculpt your upper, middle, and lower abdominal muscles as well as oblique's; strengthen your whole back to improve your spinal alignment, posture, and balance. You won't believe the benefits of working on and having a strong core!

POUND®– A full body drumming workout that combines cardio, conditioning and strength training along with yoga and pilates-inspired movements.

RPM™ – Tune in to some great music as your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance and speed so you can build up your fitness level over time.

ZUMBA® – The dance fitness party that combines Latin and world rhythms. It is a combination of high and low intensity moves to create exercise in disguise.

Yoga –Yoga Basics is geared toward the beginner, but also suitable for students with more experience looking to further develop basic postures. The class moves at a leisurely pace with detailed instruction on alignment, breathwork, and meditation. Props will be used so that students can obtain the ultimate benefits, and feel comfortable in the postures offered. The teacher will provide verbal instruction, demonstration, and individual adjustments as needed.

Notes: *It is recommended that you bring a towel & water bottle to all cardio & strength based Group Fitness Classes.*

Mats are provided for our Mind & Body classes but you are welcome to bring your own.

Gloves/wraps are recommended for the cardio kickboxing classes (not provided).

All classes are first come, first serve basis. You may not reserve equipment for someone else.

Children 13 and over are allowed in most fitness class.

****Children 15 and over are allowed in strength training classes.***