



HOPKINS COUNTY FAMILY YMCA FITNESS CLASS SCHEDULE

MONDAY

5:15 AM - GROUP CYCLING
5:30 AM – SUSPENSION FIT
8:15 AM - TABATA
9:15 AM - WATER WALKING
4:30 PM - HIIT
5:30 PM - GROUP CYCLING
5:30 PM - KARDIO KOMBAT

TUESDAY

5:30 AM – MAX INTERVAL TRAINING
8:00 AM - TONING
9:00 AM - ZUMBATONE
9:15 AM - ARTHRITIS AQUATICS
5:15 PM - ZUMBATONE

WEDNESDAY

5:30 AM - SUSPENSION FIT
8:15 AM - TABATA
9:15 AM - WATER WALKING
4:30 PM - HIIT
5:30 PM - GROUP CYCLING
5:30 PM - KARDIO KOMBAT

THURSDAY

5:30 AM – MAX INTERVAL TRAINING
8:00 AM - TONING
9:00 AM - ZUMBATONE
9:15 AM - ARTHRITIS AQUATICS
5:15 PM – ZUMBATONE

FRIDAY

5:30 AM - MAX INTERVAL TRAINING
8:15 AM – OM Fit
9:15 AM – WATER WALKING
9:30 AM - STEP

Arthritis Aquatics - Water exercises designed to improve joint flexibility and relieve pain and stiffness
(It is not necessary to know how to swim ~ free to community)

Group Cycling - Cardio workout on a stationary bicycle

Toning - Muscle toning and strengthening class using light weight, bands, balls and floor exercises.

ZumbaTone - Aerobic Latin inspired dance class with some toning exercises included

Kardio Kombat - Kick, punch and sweat your way to fitness in this high energy, fun class.

Tabata - High Intensity-short duration cardio and strength *(45-minute class)*

Water Walking - Walking patterns and progressions for a total body workout

Suspension Fit - Total body workout leveraging your own bodyweight to train balance, strength, mobility, flexibility and core using suspension training equipment.

Max Interval Training - This 30-minute class promises to push you to your maximum levels of exertion *(not for beginners)!*

OM Fit - low-impact, muscle-sculpting all-body workout that focuses on agility, resistance training and core work while burning fat and calories. Lively music and the ever-changing use of dumbbells, balls, resistance tubing, and your own body weight keep it interesting and fun!

HIIT - **HIIT** stands for **H**igh **I**ntensity **I**nterval **T**raining! Combines agility and cross training along with weightlifting to keep the calories burning even after class!

Step - Learn the basics of step aerobics with a workout that utilizes a step in varying speeds, directions and positions *(begins January 6)*

www.hopkinscountnymca.com