



## HOPKINS COUNTY FAMILY YMCA FITNESS CLASS SCHEDULE

FALL 2017

### MONDAY

5:15 AM - GROUP CYCLING  
5:30 AM – SUSPENSION FIT  
8:15 AM - TABATA  
8:00 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  
9:00 AM - ARTHRITIS AQUATICS  
5:15 PM - ZUMBATONE

### WEDNESDAY

5:30 AM - SUSPENSION FIT  
8:15 AM - TABATA  
8:00 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  
9:00 AM - ARTHRITIS AQUATICS  
5:15 PM – ZUMBATONE

### FRIDAY

5:30 AM - MAX INTERVAL TRAINING  
8:00 AM – WATER WALKING

**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)!*

**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!

[www.hopkinscountyyymca.com](http://www.hopkinscountyyymca.com)

09/28/2017