# Hopkins County Family YMCA Group Fitness Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Studio B		Studio B		Studio B		Studio B		Studio B		Studio B		Studio B	
5:15AM - 6:15AM	VIRTUAL BODYPUMP 60	5:15AM - 6:00AM	Max Interval Training	5:15AM - 6:15AM	VIRTUAL BODYPUMP 60	5:15AM - 6:00AM	Max Interval Training	5:15AM - 6:00AM	Max Interval Training	8:30AM - 9:30AM	On Demand	1:00PM - 2:00PM	0 Deman
	Mins	6:15AM - 6:45AM	VIRTUAL		Mins	6:15AM - 6:45AM	VIRTUAL	6:30AM - 8:30AM	On Demand	9:30AM - 10:30AM	On	2:00PM - 3:00PM	
6:30AM - 8:15AM	On Demand		BODYATTACK 30	6:30AM - 8:15AM	On Demand		BODYATTACK 30	8:30AM - 9:30AM	Sweat		Demand		Deman
8:30AM - 9:30AM	Sweat	6.45414 0.00414	Mins	8:30AM - 9:30AM	Sweat	6.45AM 0.00AM	Mins	9:30AM - 10:30AM	Active Older	10:30AM - 11:30AM	On	3:00PM - 4:00PM	
10:00AM - 10:45AM		6:45AM - 8:00AM	On Demand	10:00AM - 10:45AM		6:45AM - 8:00AM	On Demand		Adults	11:30AM - 12:30PM	Demand On	4:00PM - 5:00PM	Demar
11:00AM - 11:30AM	BODYPUMP 30	8:00AM - 8:30AM	Kids Yoga Workshop Ages 5-6	11:00AM - 11:30AN	BODYPUMP 30	8:30AM - 9:00AM	VIRTUAL BODYATTACK 30 Mins	11:00AM - 11:30AM	VIRTUAL BODYPUMP		Demand	4.00PM - 5.00PM	C Demar
	Mins	8:45AM - 9:15AM		10.00014 10.0001	Mins	9:15AM - 9:45AM	LES MILLS CORE	40.00014 40.00014	30 Mins	12:30PM - 1:30PM	On Demand		
12:00PM - 12:30PM	VIRTUAL BODYBALANCE Strength	0.4JAW - 9.1JAW	Kids Yoga Workshop Ages 7-9	12:00PM - 12:30PM	N VIRTUAL BODYBALANCE Flexibility	10:00AM - 10:45AM		12:00PM - 12:30PM	VIRTUAL BODYATTACK	1:30PM - 2:30PM	On		
						11:00AM - 11:30AM			30 Mins	1.30FW - 2.30FW	Demand		
1:30PM - 2:45PM	On Demand	10:00AM - 10:45AN	<b>On Demand</b>	12:45PM - 1:15PM	VIRTUAL CORE	11.00Alvi - 11.30Alvi	BODYCOMBAT	12:45PM - 1:15PM	VIRTUAL	2:30PM - 3:30PM	On		
3:30PM - 3:45PM	VIRTUAL CORE	11:00AM - 11:30AN	N VIRTUAL		30 Mins		BEGINNER		BODYBALANCE		Demand		
	Ab Blast		BODYCOMBAT	1:30PM - 2:45PM	On Demand	12:00PM - 12:20PM	VIRTUAL		Strength	3:30PM - 4:30PM	On		
4:00PM - 4:45PM	VIRTUAL		BEGINNER	3:30PM - 3:45PM	VIRTUAL CORE		BODYBALANCE	2:30PM - 3:30PM	On Demand		Demand		
	BODYPUMP 45	12:00PM - 12:15PM			Ab Blast		Yoga	4:15PM - 5:15PM	VIRTUAL	Gym			
	Mins		BODYBALANCE	4:15PM - 5:15PM	VIRTUAL	12:30PM - 1:00PM	VIRTUAL		BODYPUMP 60	,			
5:30PM - 6:30PM	VIRTUAL		Express Flexibility		BODYPUMP 60		BODYPUMP 30		Mins	9:00AM - 10:00AM	HIIT		
B	BODYCOMBAT 60	12:30PM - 1:00PM			Mins	1.1EDM 1.20DM	Mins	5:30PM - 6:30PM	VIRTUAL	Barre			
6-20DM 7-1EDM	Mins	12.001 W 1.001 W	BODYPUMP 30	5:30PM - 6:30PM		1:15PM - 1:30PM	VIRTUAL CORE Ab Blast		BODYCOMBAT 60 Mins	8:45AM - 9:45AM	Barre		
6:30PM - 7:15PM	VIRTUAL BODYBALANCE		Mins		BODYCOMBAT 60 Mins	1:45PM - 3:00PM	On Demand	o. I	00 10113	0.4JAW - 9.4JAW	Dane		
	45 Mins	1:15PM - 1:30PM	VIRTUAL CORE	6:30PM - 7:15PM	VIRTUAL	3:00PM - 4:00PM	VIRTUAL	Studio A					
tudio A			Ab Blast	0.001 W 7.101 W	BODYBALANCE		BODYATTACK 60	8:15AM - 9:15AM	Dance 2 Fit				
		1:45PM - 3:00PM	On Demand		45 Mins		Mins	10:45AM - 11:45AM	Yoga				
6:15PM - 7:15PM	Yoga	3:00PM - 4:00PM	VIRTUAL	Cycle Room		4:00PM - 4:45PM	VIRTUAL	5:00PM - 6:00PM	Yoga				
ycle Room			BODYATTACK 60	-			BODYBALANCE	Pool					
5:30PM - 6:30PM	Group Cycling	4:00PM - 4:45PM	Mins VIRTUAL	5:30PM - 6:30PM	Group Cycling		45 Mins						
	Group Cycning	4.00PW - 4.45PW	BODYBALANCE	Pool		5:00PM - 6:00PM	POUND	8:30AM - 9:30AM	Water Walking				
Pool			45 Mins	8:30AM - 9:30AM	Water Walking	6:30PM - 7:30PM	VIRTUAL BODYCOMBAT 60	Gym					
8:30AM - 9:30AM	Water Walking	5:00PM - 6:00PM	POUND	Gym			Mins	9:30AM - 10:30AM	Forever Fit				
Sym		6:30PM - 7:30PM	VIRTUAL			Studio A		Turf/Cardio Ro	om				
8:15AM - 9:15AM	Tabata		BODYCOMBAT 60 Mins	8:15AM - 9:15AM	Tabata								
9:30AM - 10:30AM	Active Older		WIIIS	9:30AM - 10:30AM	Active Older Adults	9:00AM - 10:00AM	Zumba Tone	5:30AM - 6:30AM	RX Suspension Training				
9.30AWI - 10.30AWI	Adults	Studio A		4:30PM - 5:30PM	HIIT	5:00PM - 6:00PM	Turn Up Fitness		Training				
4:30PM - 5:30PM	ніт	9:00AM - 10:00AM Zumba Tone				5:15AM - 6:15AM	Group Cycling						
Furf/Cardio Room		5:00PM - 6:00PM	Turn Up Fitness	Turf/Cardio R	oom								
		Cycle Room		5:30AM - 6:30AM	TRX Suspension	Pool	, , , <b>y</b>						
5:30AM - 6:30AM		,	One of the		Training								
	Training	5:15AM - 6:15AM	Group Cycling	Barre		8:30AM - 9:15AM	Arthritis Aquatics						
•		Pool				Cum							
Barre		1 001		5:30PM - 6:30PM	Barre	Gym							

# Gym

9:30AM - 10:30AM Forever Fit

### Active Older Adults

Strengthen muscles and increase range of movement in a fun social environment that includes cardio and toning.

### Arthritis Aquatics

Water exercises designed to improve joint flexibility and relieve pain and stiffness. It is not necessary to know how to swim.

### Barre

Full body toning for all fitness levels that fuses yoga, pilates, strength training, and ballet targeting specific muscles and improving flexibility.

#### Dance 2 Fit

Dance 2 Fit uses hip hop music to create an aggressive but rewarding full body workout to burn calories and tone- enjoy at your own pace.

### Forever Fit

A low impact class in a fun social environment to work on upper and lower body strength, balance, and flexibility. Increase your range of movement for daily life-50 years of age and older.

### Group Cycling

Build your endurance, strength, and heart health as you experience bursts of speed and recovery periods on a stationary bike.

### HIIT

HIIT stands for High Intensity Interval Training! It combines agility and cross training along with weight lifting to keep the calories burning even after class. Modify for your level and experience. Each class is different

### Kids Yoga Workshop Ages 5-6

Simple & fun introduction to yoga for kids ages 5 & 6.

### Kids Yoga Workshop Ages 7-9

Simple & fun introduction to yoga for kids ages 7-9



LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

# Max Interval Training

Hi Lo interval training fast paced for the early bird!

# POUND

POUND is a 60 minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripstix", participants can expect to burn between 500-900 calories per class and will be performing over 15,000 reps per session!

### Sweat

This class focuses on endurance strength training using a combination of free weights, resistance bands, barbells, and more to target different muscle groups in each class.

### Tabata

High intensity/short duration cardio and strength class. Each class uses a variety of equipment and exercises

### TRX Suspension Training

TRX Suspension Training makes gravity your resistance using training straps so adjusting the level of difficulty is as easy as moving your hands or feet and progression is limitless. Great for strength and balance.

### Turn Up Fitness

Full body cardio workout using aerobic dance to tone body and burn calories.



High-energy fitness class with a combination of athletic movements and strength exercises.

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High-energy fitness class with a combination of athletic movements and strength exercises.

Take time to stretch and focus on your flexibility with this short yoga-based workout with elements of Tai Chi and Pilates.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.



Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

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Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

### Water Walking

Water walking is all about moving in the water using the water as your resistance. This class can be as easy or as hard as you make it!

## Yoga

Improve flexibility practicing various physical postures, breathing techniques, and sometimes meditation to promote physical and emotional well being.

### Zumba Tone

Aerobic Latin inspired dance class with a touch of hip hop and various toning exercises included.



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