
















# YGROUP EXERCISE™

Revised 06/14/2010

All classes are held in the Aerobics Studio unless indicated with (MP) for Multi Purpose Room.  
 Water Aerobics is held at Stephen Bennett Aquatic Center during the pool season.  
 Pick up a pool schedule for water aerobics classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05-6:00 a.m.  <b>BODYPUMP</b> Debbie	5:05-6:00 a.m. Cardio Mixer Debbie/Jodi		5:05-6:00 a.m.  <b>BODYPUMP</b> Debbie	5:05-6:00am Cycle Blast Debbie	
8:15-8:55 a.m.  <b>ZUMBA</b> FITNESS Sharyn				8:15-8:55 a.m.  <b>ZUMBA</b> FITNESS Sharyn	
9:00-9:55 a.m. Silver Sneakers* Martha	9:00-9:55 Silver Sneakers* <b>YogaStretch</b>	9:00-9:55 a.m. Silver Sneakers* Sharyn		9:00-9:55 a.m. Pacers II (MP) Stephanie	
9:00-9:55 a.m. Kick-N-Step Nita	9:00-9:55 a.m.  <b>BODYPUMP</b> Nita	9:00-9:55 a.m. Power Step Jessica	9:00-9:55 a.m.  <b>BODYPUMP</b> Jessica	9:00-10:15 a.m. Power Yoga Kathrine	
10:00-11:25 a.m. Yoga Kathrine	10:15-11:00 Cycle Blast Kathrine	10:00-10:45 a.m. Pilates/Yoga Kathrine			10:00-11:00 a.m.  <b>ZUMBA</b> FITNESS Kathy/Laura
	11:30-12:30 p.m. Tai Chi Norm	11:00-12:00 p.m..  <b>ZUMBA</b> FITNESS Sharyn	10:30-11:30 a.m. Tai Chi Norm		
4:30-5:30 p.m.  <b>BODYPUMP</b> Jodi		4:30-5:30 p.m. Cardio Mixer Jodi	4:30-5:25 Group X-treme Jodi	4:30-5:25 p.m.  <b>BODYPUMP</b> Renee	
5:45-6:40 p.m. Kick-N-Step Nita	5:30-6:40p.m. Yoga Kathrine	5:45-6:45 p.m.  <b>BODYPUMP</b> Nita	5:30-6:30 Kickin it Old School Nita	5:45-6:45 p.m.  <b>ZUMBA</b> FITNESS Laura	
6:45-7:45 p.m.  <b>BODYPUMP</b> Renee	6:45-7:15 p.m. Awesome Abs Kathrine	7:00-7:55 Hip Hop (all ages) Laura	6:45-7:15 pm Awesome Abs Laura		
	7:15-8:15 p.m.  <b>ZUMBA</b> FITNESS Kathy		7:15-8:00 p.m.  <b>ZUMBA</b> FITNESS Laura		

Group Exercise schedule is subject to change.

Passes may be required for  **BODYPUMP**.

As a courtesy to others, please turn off or silence your cell phones during all Group Exercise classes. Thank you.

Palestine YMCA • 5500 N. Loop 256 • (903) 729-3139 • [www.palestineymca.org](http://www.palestineymca.org)

Class Descriptions

**AWESOME ABS** This class is designed to target the abdominal and lower back muscles. Improve posture, balance, strengthen and tone these muscles for a great looking mid-section. All fitness levels are welcome.



**BODYPUMP** Get results fast! Take this strength endurance class twice a week for maximum results. A fun class that works your whole body using barbells and weights to highly motivating music. Let the music and weights collide. All fitness levels are welcome. Beginners are strongly encouraged to come early and speak to the instructor and set up equipment.

**@Hip Hop** This is a fun and energetic dance class that works the entire body, especially the core. It involves the latest dance “groove” moves, put to popular music. *Children ages 8 and up are welcome to participate with parents.*

**GROUP X-TREME** This class uses stability balls, bands, medicine balls, and your own body weight to tone muscles and burn fat. Come see what all the fuss is about.

**Silver Sneakers\*** This class is similar to our Pacers II class. We use balls, bands, chairs, and fun music to get every muscle in the body moving safely through a wide range of movements. All levels are welcome!

**Silver Sneakers\* YogaStretch:** YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair Support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercise and a final relaxation will promote stress reduction and mental clarity.

**Power STEP** A dynamic cardiovascular work out using Reebok Steps , set to energetic music. This class comes with lots of options for all fitness levels.

**CYCLE BLAST** A wonderful way to increase your aerobic fitness on the stationary bike. This is a great non-impact cardiovascular workout. Good music and good company! All fitness levels are welcome.

**KICK-N-STEP** Take on this high intensity, high energy combination workout for the ultimate cardio and leg class. Special gloves are required. A current fitness routine is strongly recommended.

**PILATES/YOGA BLEND** This class is a creative mixture of two disciplines designed to develop strength, flexibility, and stability in the core muscles of the body. Learn how to improve your posture and to develop long, lean muscles.

**PACERS I & II** For the young at heart! Pacers I is low impact and perfect for seniors or beginners of all ages looking for a good workout. Pacers II is a slower paced class that will help savvy seniors stay mobile.

**POWER YOGA** An energetic vinyasa flow class that definitely generates heat. This class aids in strength, balance, toning and flexibility. Recommended for individuals familiar with yoga and/or have an established fitness program.

**TAI CHI** A fun form of stretch and tone exercises using slow, non-impacting movements. All fitness levels can enjoy this method of exercise that improves muscle control, mental focus, breathing and increases general energy and health. Tai Chi is an internal martial art.

**YOGA** A gentle, slow paced class with particular care given to correct postural alignment. Increase flexibility, stamina and tone your muscles while melting away stress. Suitable for most beginners and beyond.



**@ZUMBA** Dance your way to a fitter you. Exciting and unique Latin moves and rhythms; ZUMBA the class that is taking the world by storm! All fitness levels are welcome. *Parents are allowed to bring their children ages 8 years old and up.*

Please note: All classes are for ages 13 and up unless otherwise noted in description. Family classes noted with @.