



# JANUARY 2024 SCHEDULE INDIAN LAND YMCA

EFFECTIVE  
January  
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Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Group Ex Room		<b>LES MILLS GRIT SERIES</b> Cori (30 min)		<b>LES MILLS GRIT SERIES</b> Cori (30 min)		FOLLOW US ON INSTAGRAM FOR THE SATURDAY ROTATION LIST! @indianlandymca
6:00 am	Group Ex Room		<b>LES MILLS BODYPUMP</b> Cori (45 min)		<b>LES MILLS BODYPUMP</b> Cori (45 min)		
	Studio X		Sunrise Yoga Stephanie (1 hour)		Sunrise Yoga Stephanie (1 hour)		
6:30am	Group Ex Room	Core Blast Jennifer (30 min)		Core Blast Jennifer (30 min)			
7:00 am	Cycling Studio	Cycling Vicky (45 min)		Cycling Crystal (45 min)		Cycling Vicky (45 min)	
	Group Ex Room	Circuit Training Jennifer (45 min)		Circuit Training Jennifer (45 min)			
8:00 am	Cycling Studio						Cycling Rotation (45 min)
8:15am	Group Ex Room	<b>LES MILLS BODYPUMP</b> Nivea (45 min)		<b>LES MILLS BODYPUMP</b> Nivea (45 min)			
	Studio X	StrongNation Hicunni (45min.)		StrongNation Hicunni (45min)			
8:30 am	Group Ex Room		<b>tone</b> Laura (45 min)		<b>tone</b> Nivea (45 min)		<b>LES MILLS BODYPUMP</b> Cori (1 hour)
9:00 am	Group Ex Room	<b>LES MILLS BODYBALANCE</b> Laura (50 min)		<b>LES MILLS BODYBALANCE</b> Laura (50 min)		<b>LES MILLS BODYPUMP</b> Katie (1 hour)	
9:15 am	Studio X	Barre Kristen (1 hour)		<b>NEW</b> Zumba Kelly (1 hour)			
9:30 am	Group Ex Room		<b>LES MILLS BODYPUMP</b> Sophie (1 hour)		<b>LES MILLS BODYPUMP</b> Sophie (1 hour)		<b>LES MILLS BODYCOMBAT</b> Charlene (1 hour)
	Studio X		Power Yoga Kelsey (1 hour)			<b>LES MILLS BODYBALANCE</b> Leslie (50 min)	Yoga Rotation (1 hour)
	Cycling Studio			Cycling Kristy (45 min)			
10:00 am	Group Ex Room	<b>LES MILLS BODYCOMBAT</b> Terri (1 hour)		<b>LES MILLS BODYCOMBAT</b> Laura (1 hour)		<b>LES MILLS BODYCOMBAT</b> Amelia (1 hour)	
10:30 am	Group Ex Room		<b>LES MILLS GRIT SERIES</b> Amelia (30 min)		<b>LES MILLS GRIT SERIES</b> Amelia (30 min)		<b>ZUMBA</b> Rotation (1 hour)
	Studio X	Yoga/Pilates Donna (1 hour)	Tai Chi Earl (1 hour)	Barre Kristy (1 hour)	Tai Chi Earl (1 hour)	Barre Paige (1 hour)	Barre Kristy (1 hour)
11:00 am	Group Ex Room	Circuit Training Lisa (45 min)		Circuit Training Lisa (45 min)		<b>CORE</b> Cori (30min.)	
11:15 am	Group Ex Room		<b>ZUMBA Gold</b> Patty (50 min)		<b>ZUMBA Gold</b> Patty (50 min)		
11:30am	Studio X		Yoga Nurten (1 hour)		Yoga Donna (1 hour)		
12:00 pm	Group Ex Room	Chair Yoga Donna (1 hour)		Chair Yoga Donna (1 hour)		Chair Yoga Donna (1 hour)	
12:30 pm	Studio X			Tai Chi Earl (1 hour)			
1:00 pm	Group Ex Room	Stretch and Tone Rhonda (45 min)	Chair Yoga Shashank (1 hour)	<b>NEW</b> SilverSneakers Christine (1 hour)	Chair Yoga Hannah (1 hour)	Stretch and Tone Rhonda (45 min)	
2:00pm	Group Ex Room	<b>ZUMBA Gold</b> Silvana (50 min)	SilverSneakers Christine (1 hour)	<b>NEW</b> <b>ZUMBA Gold</b> Hicunni (50 min)	SilverSneakers Christine (1 hour)		



## BASIC ZONE

Classes are for those seeking a **moderate** workout with basic moves and a fun atmosphere.




















## ALL LEVELS ZONE

Classes are for those seeking a **slightly, more intense** workout with the 4 core fitness



## ADVANCED ZONE

Classes are for those seeking a **rigorous** workout for improvements in the four components of fitness.

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
4:45 pm	Studio X	 <b>Yoga</b> Atul (1hour)		 <b>Yoga</b> Atul (45min.)		NO CHILD WATCH PROVIDED
5:00 pm	Group Ex Room	 <b>BODYJAM</b> Charlene (1 hour)	 <b>BODYPUMP</b> Danielle (30 min)	 <b>ZUMBA</b> Daryl (1 hour)	 <b>BODYPUMP</b> Danielle (30 min)	↓
5:30 pm	Group Ex Room		 <b>CORE</b> Danielle(30 min)		 <b>CORE</b> Danielle(30 min)	 <b>ZUMBA</b> Rotation (1 hour)
	Studio X			Upbeat Barre Paige (50 min)		
5:45 pm	Studio X	Mat Pilates				
6:00 pm	Cycling Studio		Cycling Stephanie (45 min)		Cycling Jennifer (45 min)	
	Group Ex Room	 <b>BODYPUMP</b> Danielle (1 hour)	 <b>BODYCOMBAT</b> Laura (1 hour)	 <b>BODYPUMP</b> Katie (1 hour)	 <b>BODYCOMBAT</b> Stephanie (1 hour)	
7:00 pm	Group Ex Room	 <b>tone</b> Kelly (45min)	 <b>ZUMBA</b> Prasanna (45 min)		 <b>ZUMBA</b> Kisha (45 min)	
	Studio X	 <b>BODYBALANCE</b> Terri (50 min)				

## SCHEDULE KEY:



NEW CLASS



UPDATED DAY/TIME



YOGA MAT REQUIRED

If you have any questions, concerns, or want to suggest a class. Please contact Laura MacLeod at: [lauramacleod@ymcaup.org](mailto:lauramacleod@ymcaup.org)

The next schedule will be released on or before January 29th 2023



**BODYCOMBAT:** Empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, and T'ai Chi



**BODYBALANCE (formerly BODYFLOW):** Empowering group training that includes T'ai Chi, Pilates, and Yoga.



**BODYPUMP:** This barbell class will sculpt, tone, and strengthen your entire body, fast! It offers great music and amazing instructors. It is the fastest way to get in shape.



**CORE:** This core class will help strengthen, sculpt, and tone your core and back, fast! This class is sure to have you working in a fast-pace, high intensity setting.



**GRIT:** This is a high intensity interval training - an exciting workout that offers aerobic, anaerobic, muscular endurance, and fat burning exercises that will push you to your limits. The GRIT routine alternates between cardio and strength.



**tone:** This workout includes a mix of exercises to work the whole body and elevate the heart rate. The multi-peak workout helps burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.



**BODYJAM:** a dance-based workout designed to get you moving fast and working your body.



**STRONG NATION:** This is a high-energy, fun and athletic workout focused on cardio fitness, stamina and agility.



**Silver Sneakers Classic:** Move to the music through a variety of exercises designed to increase your muscular strength, balance, range of motion, and improve your daily activity. Hand weights, bands, balls, and a chair are used for seated and standing support choreography. A chair is offered for support, stretching and relaxation exercises.



**ZUMBA®:** A high-energy aerobics dance class inspired by various beats that includes both fat burning and muscle toning benefits in a very fun atmosphere where you can sing along and enjoy the party.



**ZUMBA® GOLD:** An innovative, fun, and exciting program. Zumba Gold ® was designed for the active older adult, the true beginner, and/or people who may be limited physically. Optional: Zumba Toning—for those who are looking for more intensity.

**CHAIR YOGA**

**Chair Yoga:** 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.

**STRETCH/TONE**

**Stretch/Tone:** Incorporates a full-body workout, as well as, targeted workouts for abs, legs, & arms, plus a stretch routine.

**TAI CHI**

**Tai Chi:** An art embracing spirit, mind, and body—health-promoting exercise in Chinese tradition. The flowing, rhythmic movements increase strength of the muscles and joints, improve flexibility and reduce stress.

**BARRE**

**Barre:** Strengthen your core by utilizing ballet movements and intelligent isometric moves.

**CYCLING**

**Cycling:** Incorporating the art of music, rhythm, and RPM into your workout. Indoor cycling is a non-impact, highly effective way to build cardiovascular strength and endurance. Indoor cycling is designed for all fitness levels.

**PILATES**

**Pilates:** Working from the core outward, you will progress from beginning to intermediate exercises, improving your strength, flexibility and the balance between the two in the process.

**YOGA / POWER YOGA**

**Yoga:** This class emphasizes strength, balance, and flexibility. Stretch & strengthen your body using breathing techniques to achieve relaxation. We will be offering a low-impact and medium-impact yoga class, as well as Power.

**CIRCUIT TRAINING**

**Circuit Training:** A high intensity workout blending rotations of strength, speed, power, agility, and balance to achieve a full body workout. This is a group training workout using various types of skills and drills.