



# March 2024 SCHEDULE INDIAN LAND YMCA

EFFECTIVE  
March  
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| Time     | Location       | Monday   | Tuesday   | Wednesday                                      | Thursday  | Friday  | Saturday   |
|----------|----------------|--|---|--|---|---|--|
| 5:30 am  | Group Ex Room  |  | <b>LES MILLS GRIT SERIES</b><br>Cori (30 min)   |  | <b>LES MILLS GRIT SERIES</b><br>Cori (30 min)   |   | FOLLOW US ON<br>INSTAGRAM FOR<br>THE SATURDAY<br>ROTATION LIST!<br>@indianlandymca |
| 6:00 am  | Group Ex Room  |  | <b>LES MILLS BODYPUMP</b><br>Cori (45 min)      |  | <b>LES MILLS BODYPUMP</b><br>Cori (45 min)      |   |  |
|          | Studio X       |  | Sunrise Yoga<br>Stephanie (1 hour)              |  | Sunrise Yoga<br>Stephanie (1 hour)              |   |  |
| 6:30am   | Group Ex Room  | Core Blast<br>Jennifer (30 min)                |   | Core Blast<br>Jennifer (30 min)                |   |   |  |
| 7:00 am  | Cycling Studio | Cycling<br>Vicky (45 min)                      |   | Cycling<br>Crystal (45 min)                    |   | Cycling<br>Vicky (45 min)                       |  |
|          | Group Ex Room  | Circuit Training<br>Jennifer (45 min)          |   | Circuit Training<br>Jennifer (45 min)          |   |   |  |
| 8:00 am  | Cycling Studio |  |   |  |   |   | Cycling<br>Rotation (45 min)   |
| 8:15am   | Group Ex Room  | <b>LES MILLS BODYPUMP</b><br>Nivea (45 min)    |   | <b>LES MILLS BODYPUMP</b><br>Nivea (45 min)    |   |   |  |
|          | Studio X       | StrongNation<br>Hicunni (45min.)               |   | StrongNation<br>Hicunni (45min)                |   |   |  |
| 8:30 am  | Group Ex Room  |  | <b>tone</b><br>Laura (45 min)                   |  | <b>tone</b><br>Nivea (45 min)                   |   | <b>LES MILLS BODYPUMP</b><br>Cori (1 hour)   |
| 9:00 am  | Group Ex Room  | <b>LES MILLS BODYBALANCE</b><br>Laura (50 min) |   | <b>LES MILLS BODYBALANCE</b><br>Laura (50 min) |   | <b>LES MILLS BODYPUMP</b><br>Katie (1 hour)     |  |
| 9:15 am  | Studio X       | Barre<br>Kristen (1 hour)                      |   |  |   |   |  |
| 9:30 am  | Group Ex Room  |  | <b>LES MILLS BODYPUMP</b><br>Sophie (1 hour)    |  | <b>LES MILLS BODYPUMP</b><br>Sophie (1 hour)    |   | <b>LES MILLS BODYCOMBAT</b><br>Charlene (1 hour)                                   |
|          | Studio X       |  | Power Yoga<br>Kelsey (1 hour)                   |  |   | <b>LES MILLS BODYBALANCE</b><br>Leslie (50 min) | Yoga<br>Rotation (1 hour)  |
|          | Cycling Studio |  |   | Cycling<br>Kristy (45 min)                     |   |   |  |
| 10:00 am | Group Ex Room  | <b>LES MILLS BODYCOMBAT</b><br>Terri (1 hour)  |   | <b>NEW Zumba</b><br>Kelly (1 hour)             |   | <b>LES MILLS BODYCOMBAT</b><br>Amelia (1 hour)  |  |
| 10:30 am | Group Ex Room  |  | <b>LES MILLS GRIT SERIES</b><br>Amelia (30 min) |  | <b>LES MILLS GRIT SERIES</b><br>Amelia (30 min) |   | <b>ZUMBA</b><br>Rotation (1 hour)  |
|          | Studio X       | Yoga/Pilates<br>Donna (1 hour)                 | Tai Chi<br>Earl (1 hour)                        | Barre<br>Kristy (1 hour)                       | Tai Chi<br>Earl (1 hour)                        | Barre<br>Paige (1 hour)                         | Barre<br>Kristy (1 hour)   |
| 11:00 am | Group Ex Room  | Circuit Training<br>Lisa (45 min)              |   | Circuit Training<br>Lisa (45 min)              |   | <b>CORE</b><br>Cori (30min.)                    |  |
| 11:15 am | Group Ex Room  |  | <b>ZUMBA Gold</b><br>Patty (50 min)             |  | <b>ZUMBA Gold</b><br>Patty (50 min)             |   |  |
| 11:30am  | Studio X       |  | Yoga<br>Nurten (1 hour)                         |  | Yoga<br>Donna (1 hour)                          |   |  |
| 12:00 pm | Group Ex Room  | Chair Yoga<br>Donna (1 hour)                   |   | Chair Yoga<br>Donna (1 hour)                   |   | Chair Yoga<br>Donna (1 hour)                    |  |
| 12:30 pm | Studio X       |  |   | Tai Chi<br>Earl (1 hour)                       |   |   |  |
| 1:00 pm  | Group Ex Room  | Stretch and Tone<br>Rhonda (45 min)            | Chair Yoga<br>Shashank (1 hour)                 | SilverSneakers<br>Christine (1 hour)           | Chair Yoga<br>Hannah (1 hour)                   | Stretch and Tone<br>Rhonda (45 min)             |  |
| 2:00pm   | Group Ex Room  | <b>ZUMBA Gold</b><br>Silvana (50 min)          | SilverSneakers<br>Christine (1 hour)            | <b>ZUMBA Gold</b><br>Hicunni (50 min)          | SilverSneakers<br>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       |  |  |   |  | NO CHILD WATCH PROVIDED   |
| 5:00 pm | Group Ex Room  |  <b>DANCE</b><br>Charlene (1 hour)    |  <b>BODYPUMP</b><br>Danielle (30 min) |  <b>ZUMBA</b><br>Daryl (1 hour)    |  <b>BODYPUMP</b><br>Danielle (30 min)    | ↓   |
| 5:30 pm | Group Ex Room  |  |  <b>CORE</b><br>Danielle(30 min)      |   |  <b>CORE</b><br>Danielle(30 min)         |  <b>ZUMBA</b><br>Rotation (1 hour) |
|         | Studio X       |  |  | Upbeat Barre<br>Paige (50 min)  |  |   |
| 5:45 pm | Studio X       | Mat Pilates<br>Jennifer(45 min)  |  |   |  |   |
| 6:00 pm | Cycling Studio |  | Cycling<br>Stephanie (45 min)  |   | Cycling<br>Jennifer (45 min)   |   |
|         | Group Ex Room  |  <b>BODYPUMP</b><br>Danielle (1 hour) |  <b>BODYCOMBAT</b><br>Laura (1 hour)  |  <b>BODYPUMP</b><br>Katie (1 hour) |  <b>BODYCOMBAT</b><br>Stephanie (1 hour) |   |
| 6:30 pm | Studio X       |  <b>BODYBALANCE</b><br>Terri (50 min) |  |  <b>CIRCU</b><br>Hicunni (45 min)  |  |   |
| 7:00 pm | Group Ex Room  |  <b>tone</b><br>Kelly (45 min)        |  <b>ZUMBA</b><br>Prasanna (45 min)    |   |  <b>ZUMBA</b><br>Kisha (45 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 March 25th, 2024



**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.



**Les Mills Dance:** 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.



**CIRCL Mobility:** Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises.

**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.