



Lawton Family Y

GROUP EXERCISE CLASS SCHEDULE

Group Exercise Studio						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am- 6:30am						
8:30am-9:25am		ZUMBA gold Melissa Gym		ZUMBA gold Melissa Gym		LES MILLS BODYPUMP Staff *Starts at 8:30*
9:15am-10:15am	Step Erin	Strength & Endurance Sally	Tabata Rhonda	Strength & Endurance Sally	Step Staff	
9:15am-10:15am	ZUMBA FITNESS Sophia (TK Bell Gym)	aqua ZUMBA Sophia (Pool)	ZUMBA FITNESS Sophia (TK Bell Gym)	aqua ZUMBA Sophia (Pool)	Boot Camp John *Starts at 9:45*	
10:15am-11:15am	LES MILLS BODYPUMP Erin	ZUMBA FITNESS Melissa	LES MILLS BODYPUMP John	ZUMBA FITNESS Melissa	LES MILLS BODYPUMP Melissa	
4:25pm-5:30pm	TABATA BOOTCAMP Kari	LES MILLS BODYPUMP Michelle B.	Step Susan	LES MILLS BODYPUMP Lesley/John		
5:30pm-6:30pm	RIPPED Kari	ZUMBA FITNESS Julie	RIPPED Kari	ZUMBA FITNESS Andrea		
6:30pm-7:30pm	ZUMBA FITNESS Gerald A.		The Core Triston 30 MIN			
Spin Studio						
5:30am- 6:30am			Spin Rolande			
9:15am-10:10am	Spin John		Spin John		Spin John *30 Minute*	
5:30pm-6:25pm			Spin Stephanie D.			
Yoga/Pilates Studio						
9:15am-10:15am	Yoga Rose		Yoga Gaylene		Yoga Holly	Yoga Staff *Starts at 9:30*
10:15am-11:15am						
5:30pm-6:30pm	PiYO Cynthia	Yoga Rose	Pilates Kristen	Yoga Rose		
6:30pm-7:00pm	The Core Triston 30 MIN					
Active Older Adults						
9:15am-10:10am	Pull-up A Chair Florence (GYM)	Easy Does It Florence (GYM)	Pull-up A Chair Staff (GYM)	Easy Does It Florence (GYM)		

WHY GROUP EXERCISE?

- It' fun!
- Requires no prior exercise knowledge or experience
- Offers more benefits than working out on your own
- Provides a consistent exercise schedule
- There's built in accountability
- Variety combats boredom
- Provides a "first step" for non-exercisers
- All you have to do is show up...workout ready
- Provides an appropriately designed workout
- Your instructor is there for you!

GROUP EXERCISE CLASS DESCRIPTIONS

Core: This 30 minute class will strengthen your abs and back using a variety of safe and effective abdominal exercises.

Les Mills Body Pump: This 60 minute workout challenges all your major muscle groups by using exercises like presses, lunges, squats and curls. It will help improve your strength.

Boot Camp: This class is a type of group physical training consisting of strength exercises and a variety of intense group intervals over a 45 minute period of time.

Zumba Gold: This class is designed specifically for beginners who possess plenty of enthusiasm and a passion for R & B, Soul, Hip Hop/Funk, Pop & Rock music. The class begins with an easy-to-follow series of freestyle moves designed to get your heart rate up, followed by stretching, a fun routine, concluding with a relaxing cool down.

Functional Strength: Challenge your body with functional movement and core strengthening with weights, resistance tubing and weighted bars.

Indoor Cycling: A low impact group exercise class performed on stationary bikes. During the class, the instructor simulates hills, sprints, and races. You will be kept motivated by the instructor, the people around you, and the great music. **PASSES AT THE WELCOME CENTER**

Kickboxing: This class provides a total body workout that targets core strength and balance for all ages and abilities. Participants kick, punches, and explore mixed martial arts strategies designed to increase cardiovascular endurance, muscular strength, range of motion, and agility.

R.I.P.P.E.D.: is a 50 minute total body workout incorporating several methods of cardio and muscular endurance training.

Step: A high-energy, low-impact class using a height-adjusted step. This class is good for all fitness levels.

Tabata: is a popular workout using the step and weights. A high intensity 20 second interval with a ten second break. A fun workout if you are needing something different.

Zumba: A fusion of hypnotic Latin rhythms and easy to follow moves to create an exciting cardiovascular workout. For beginners and advanced.

SPIRIT-MIND-BODY CLASS DESCRIPTIONS

PiYo: This is a unique class designed to build strength and flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. Think toned abdominals, increased overall core strength and greater stability.

Yoga Basics/Beginner Yoga: Learn a series of precise movements, breathing techniques, stretching exercises, and Yoga postures. It will help you understand the proper alignment of basic Yoga postures and breathing techniques. Beginner Yoga classes are geared for new participants.

Yoga: This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness also designed to meet the needs of those new to yoga as well as those seeking continued understanding of basic yoga poses.

Yoga Flow: Designed to improve strength, flexibility, and balance. Breathing exercises and relaxation will be practiced.

ACTIVE OLDER ADULT/NEW EXERCISER CLASS DESCRIPTIONS– Beginner Friendly

Pull-up a Chair: A class which incorporates strength, endurance, flexibility exercises and relaxation.

E-Z Does It: This class is for seniors and anyone wanting a 45 minute low impact cardio exercise class.

Y's Walkers: A new instructor supervised walking workout.

LIFE MATTERS CANCER SURVIVOR CLASS

A FREE program for cancer survivors, ask for details.

SEPERATE SCHEDULE FOR WATER EXERCISE CLASSES