



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE



Grand Lake Family YMCA

MONDAY

- | | |
|---------------|--|
| 8:00-8:50 am | SilverSneakers Cardio Circuit (Upstairs) |
| 9:00-9:50 am | Classic Aerobics (Upstairs) |
| 9:30-10:20 am | SilverSneakers Classic (Downstairs) |
| 5:30-6:20 pm | Yoga (Upstairs) |
| 6:30-8:00 pm | Dance, Ages 13 - 18* (Upstairs) |

TUESDAY

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|-----------------|--------------------------------------|
| 8:30-9:20 am | Cardio & Strength Mash Up (Upstairs) |
| 9:30-10:20 am | SilverSneakers Yoga (Downstairs) |
| 10:30-11:20 am | Yoga (Upstairs) |
| 11:30 -12:20 pm | Tai Chi (Downstairs) |
| 6:00 - 7:00 pm | Dance, Ages 6 - 12 (Upstairs) |

WEDNESDAY

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|---------------|--|
| 8:00-8:50 am | SilverSneakers Cardio Circuit (Upstairs) |
| 9:00-10:00 am | Core Pump (Upstairs) |
| 9:30-10:20 am | SilverSneakers Classic (Downstairs) |
| 5:30-6:20 pm | Yoga (Upstairs) |
| 6:30-7:20 pm | BollyX Dance (Upstairs) |

THURSDAY

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|-------------------|--------------------------------------|
| 8:30-9:20 am | Cardio & Strength Mash Up (Upstairs) |
| 9:30-10:20 am | SilverSneakers Yoga (Downstairs) |
| 10:30-11:20 am | Yoga (Upstairs) |
| 11:30 am-12:20 pm | Tai Chi (Downstairs) |

FRIDAY

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|---------------|--|
| 8:00-8:50 am | SilverSneakers Cardio Circuit (Upstairs) |
| 9:00-10:00 am | Cardio/Strength/Step (Upstairs) |
| 9:30-10:20 am | SilverSneakers Classic (Downstairs) |

SATURDAY

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|-------------------|-------------------------|
| 10:30 am-11:20 am | Yoga (Upstairs) |
| 11:30 am-12:20 pm | BollyX Dance (Upstairs) |

Class descriptions

BollyX Dance

The most fun, high intensity cardio workout ever! Similar to Zumba, but with an East Indian influence, BollyX can be done by anyone with modifications when necessary. Rock out to Bollywood and western tunes. Unleash your inner rock star and get fit at the same time.

Cardio & Strength Mash Up

Circuit format class with a combination of cardio, strength and flexibility. Can be adjusted to all fitness levels.

Classic Aerobics & More

Old school aerobic moves integrated with other forms of exercise.

Core Pump

Strength training for your core.

SilverSneakers® Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a stand circuit workout. Upper body strength with hand-held weights, elastic tubing with handles, and SilverSneakers® balls are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers® balls are offered for resistance and a chair is used for seated and/or standing support.

SilverSneakers® Yoga

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 poses designed to increase flexibility, balance and range of movement. Restorative exercises and final relaxation will promote stress reduction and mental clarity.

Tai Chi

An ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Yoga

This yoga class is a fusion of Iyengar, Hatha and Astanga styles. This class emphasizes correct alignment and moving with breath. Practiced on a regular basis, these powerful techniques build strength, balance and flexibility; enhance concentration and body awareness, reduce anxiety, stress and pain.