



FITNESS SCHEDULE

Starts 7/12/21

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15AM-9:15AM	MORNING FIT		MORNING FIT		MORNING FIT	
8:30AM-9:15AM						KCYCLE
9:00AM-10:00AM	PILATES	KCYCLE	KFIT	KCYCLE	PILATES	
9:30AM-10:15AM						PILATES
9:30AM-10:30AM						YOGA
10:00AM-11:00AM		YOGA		YOGA		
12:00PM-1:00PM	GROUP CYCLE		GROUP CYCLE		GROUP CYCLE	
4:30PM-5:00PM		BOOTY BANDS		BOOTY BANDS		
4:30PM-5:15PM	PILATES		KCYCLE			
5:15 PM-6:00 PM		STRENGTH TRAIN TOGETHER		STRENGTH TRAIN TOGETHER		
5:30PM-6:15PM	KFIT (July 5 & 19)		PILATES			
5:30PM-6:30PM			ZUMBA			

(Classes in light green –YMCA 3rd Floor Studio Classes in dark green—YMCA GYM)

(Classes in yellow Y on the Oval)

Fitness Class Descriptions

BOOTY BANDS- Resistance bands are perfect for working multiple muscle groups to get a challenging workout. Your muscles will be fatigued faster, targeting the lower body by using hips, quads and hamstrings and lifting and rounding your butt by working the gluteus maximus.

GROUP CYCLING- Exercise at your own pace during this non-impact, cardio workout.

KCYCLE- A class aimed to increase levels. Combining a cardio cycling workout with circuit training that varies with each class!

KFIT- A fun and functional interval training (timed work/rest) class. The am classes will focus on cardio and core training, the pm class will focus on cardio and strength.

MORNING FITNESS- An aerobic step class that may also incorporate bands, balls, and weights.

PILATES- By focusing on engaging the core, this class promotes lengthening and strengthening our body.

STRENGTH TRAIN TOGETHER- A class that combines traditional strength training with a variety of movements to help you get and feel stronger.

YOGA- A class designed to work on flexibility, balance, and strength.

ZUMBA – A Latin inspired cardio dance class.