



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CLASS SCHEDULES     Sept 2020

## Class Descriptions:

**Body Blast** – A weight lifting class guaranteed to make you sweat, increase body tone and overall strength.

**Ball Fit** – Improves balance, posture and flexibility; Non-stop, flowing core exercises for all ages and abilities.

**BURN** – A high intensity workout with various equipment components.

**Chair Yoga** – Stretch and tone your body with this very gentle introductory yoga class using chairs for seated poses, standing poses for improved strength and flexibility.

**Fitness 1.0** – Enjoy an easy cardio routine, leg workout, stretch, and an upper body workout with light weights.

**Yoga** – Begin your mind/body experience with energizing your body through breathing and postures that build strength, flexibility and balance.

**Intro to Circuit Training** – Burn fat and build muscle during this class. Great for beginners or people on the go.

**HIIT Training** – High intensity interval training, guaranteed to make you sweat.

**Low Impact Fitness** – A slower paced workout that lets you work at your own pace with patient supervision.

**Movers & Shakers** – Develop strength, work on your balance and flexibility.

**Muscle Madness** – Are you ready for a fast paced workout to improve your endurance and burn calories? Tone your body and increase strength with weights and plenty of reps.

**Pedal +** – To improve the quality of life of individuals affected by Parkinson's or other neuromuscular conditions.

**PiYo ®** – Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.



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## GROUP CLASS SCHEDULES    SEPT

**P90X** - Total body conditioning with cardio, functional strength and core stability all done to awesome music.

**Turbo Kick** - A fusion of kickboxing, a little groove and loads of fun. Guaranteed high energy workout.

**Umpqua Wellness Workout** - Enjoy a modifiable fun workout routine, incorporate an all body workout with light weights and a focus on core strength, balance and cardio. Free to Y Members. \$3 drop in. OFFSITE at (Umpqua Community Center-Old Umpqua School)

**Y-Cycling** - Indoor Cycling in group exercise class using stationary bikes. Varying class formats including endurance, strength, all, fun! Great for better sleep, and overall health.

**ZUMBA®** - Exhilarating, Latin-inspired, calorie burning.

**UJAM** - An athletic urban dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat, all while having fun!



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## STUDIO A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:45 am Circuit Training Kim	8:00-9:00 am Movers & Shakers Sue	8:00-8:45 am Circuit Training Capri	8:00-9:00 am Movers & Shakers Sue	8:00-8:45 am Circuit Training Sue	
9:00-9:45 am Circuit Training Kim		9:00-9:45 am Circuit Training Sue		9:00-9:00 am Circuit Training Capri	
11:00-12:00 pm Fitness 1.0 Kim		11:00-12:00 pm Fitness 1.0 Kim		11:00-12:00 pm Fitness 1.0 Kim	
12:30-1:30 pm Chair Yoga Harry	12:30-1:30 pm Yoga Stacy	12:30-1:30 pm Chair Yoga Jeanette	12:30-1:30 pm Yoga Jeanette	12:30-1:30 pm Yoga Nanette	
5:30-6:15 pm P90X Shawna		5:30-6:15 pm P90X Shawna			



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## STUDIO B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:30-9:30 am Y Cycling Buzz
10:00-11:00 am Pedal + Sandy/Laura	10:00-11:00 am Pedal + Sandy/Laura		10:00-11:00 am Pedal + Sandy/Laura		
5:15-6:15 pm Y Cycling Teresa	5:15-6:15 Y Cycling Buzz	5:15-6:15 pm Y Cycling Teresa	5:15-6:15 Y Cycling Buzz		

## Outside Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:00 am Step Aerobics Michelle		8:15-9:00 am Burn Angela		8:15-9:00 am Step Aerobics Michelle	
8:30-9:30 am Y Cycling Marty		8:30-9:30 am Y Cycling Debra			
9:15-10:15 am Burn Angela				9:15-10:15 am Burn Angela	
	5:30-6:15 Muscle Madness Jessica		5:30-6:15 Muscle Madness Jessica		
6:30-7:30 pm Zumba Cece	6:30-7:30 pm Yoga Sylvia	6:30-7:30 pm Zumba Cece	6:30-7:30 pm Yoga Sylvia		

## Offsite (Umpqua)

8:45-9:45 am UMPQUA Wellness Workout Rikki (Umpqua Community Center)	8:45-9:45 am UMPQUA Wellness Workout
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