



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**FALL SESSION 2024
GROUP FITNESS SCHEDULE
Lakeland Hills Family YMCA
September 3- December 31, 2024**

MONDAY			
6:00-6:45 AM	Cycling	C	Anne Marie
7:30-8:30 AM	NEW!! Yoga	T	Barb
8:00-8:50 AM	Strength & More	GF	Lisa
9:00-9:50 AM	BODYPUMP	GF	Darlene
9:00-9:55 AM	NEW TIME!! Zumba	S	Lisa
10:00-10:55 AM	Cardio Step	GF	Francie
9:45-10:30 AM	Boxing HiIT Drop-in Class	T	Christy
11:15-12:15 PM	Enhance Fitness	GF	Francie
11:00-12:00 PM	Yoga	S	Donna
5:30-6:30 PM	Gentle Yoga	S	Ivette
5:45-6:30 PM	Pilates Fusion	GF	Michelle
6:00-6:45 PM	Cycling	C	Pete
6:35-7:35 PM	Zumba	GF	Zoe
TUESDAY			
5:45-6:30 AM	Sunrise Yoga	GF	Michelle
5:45-6:30 AM	Cycling	C	Pete
8:30-9:30 AM	Total Mobility	S	Donna
9:00-9:45 AM	Barre Fusion	GF	Darlene
10:00-10:45 AM	Enriched	GF	Donna
10:00-10:45 AM	NEW!! Chair Yoga	S	Mary Ellen
9:45-10:30 AM	Squats, Slams & Ropes	WC	Christy
10:00-10:45 AM	Tread & Shred	WC	Colby
11:00-12:00 PM	Gentle Yoga	GF	Linda C.
12:45-1:30 PM	Country Line Dancing	GF	Lisa
2:00-3:00 PM	LIVESTRONG at the YMCA	T	Barb
5:30-6:25 PM	BODYPUMP	GF	Danielle
6:00-6:45 PM	Mat Pilates	S	Linda H
6:30-6:55 PM	Curls n'Crunches	GF	Danielle
6:00-7:00 PM	LIVESTRONG at the YMCA	T	Nina
6:15-7:00 PM	Cycling	C	Alicia
7:00-8:00 PM	Yoga	GF	Stacy
WEDNESDAY			
7:00-7:45 AM	Yogalates	GF	Anne Marie
8:00-8:45 AM	Cycling	C	Anne Marie
9:00-9:55 AM	Cardio Sculpt	GF	Lisa
10:00-10:45 AM	NEW!! Barre Fusion	GF	Lisa
10:00-11:15 AM	Yoga	S	Ivette
11:15-12:00 PM	NEW TIME!! Mat Pilates	T	Linda H
11:15-12:15 AM	Enhance Fitness	GF	Peggy
1:00-2:00 PM	Parkinson's Program	T	Barb
5:30-6:30 PM	NEW TIME!! YIN Yoga	T	Ivette
6:00-6:55 PM	Kick, Punch & Crunch	GF	Deanna
7:00-8:00 PM	Yoga	GF	Sue

THURSDAY			
5:45-6:30 AM	NEW!! Cycling	C	Michelle
8:15-8:55 AM	Cycle Fusion	C&WC	Dawn
8:00-8:55 AM	NEW!! Yoga	GF	Ivette
9:00-9:55 AM	NEW TIME!! Butts & Guts	GF	Dawn
9:30-10:15 AM	Kettlebells 101 Drop-in Class	WC	Christy
10:00-10:45 AM	Mat Pilates	GF	Linda H.
10:00-11:00 AM	Total Mobility	S	Donna
11:15-12:15 PM	NEW TIME!! Yoga	GF	Linda C.
2:00-3:00 PM	LIVESTRONG at the YMCA	T	Barb
5:45-6:30 PM	Total Body Strength	GF	Dawn
6:00-7:00 PM	LIVESTRONG at the YMCA	T	Nina
6:00-6:45 PM	Mat Pilates	S	Linda H.
6:00-6:45 PM	Cycling	C	Owen/Michelle
6:35-6:55 PM	Chisel	GF	Dawn
7:00-8:00 PM	Yoga	GF	Linda C.
FRIDAY			
7:00 - 8:00 AM	NEW!! Yoga	GF	Sue
8:00 - 8:45 AM	Cycling	C	Pete
9:00 - 9:45 AM	Functional Strength	GF	Darlene/Christy
9:00 - 9:45 AM	Forever Fit	S	Peggy/Donna
10:00 -11:00 AM	Balanced Body	GF	Donna
10:00 -10:45 AM	Chair Yoga	S	Peggy/Mary Ellen
11:15 -12:15 PM	Enhance Fitness	GF	Donna
SATURDAY			
8:00 - 8:55 AM	Zumba	GF	Zoe
8:00 - 8:45 AM	Total Body Strength	G	*
9:00 - 9:45 AM	One Step Multiple Sclerosis	T	Christy
9:00 - 9:45 AM	Power Pilates	GF	Loretta
9:50 - 10:35 AM	Power Yoga	GF	Loretta
SUNDAY			
9:00 - 9:45 AM	Cycling	C	Rotating
9:00 - 9:45 AM	Cardio Dance	GF	Linda H.
9:00 - 10:00 AM	Open Level Yoga	S	Stacy/Christina
10:00-10:45 AM	NEW!! Metcon	G	Christy
10:10 - 11:10 AM	Yoga	GF	Stacy/Christina

**Darlene Kievit
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Class locations
Cycling Studio (C)
Gymnasium (G)
Rotating Instructor (*)
Scribner (S)
Thrive (T)
Wellness Center (WC)

Lakeland Hills Family YMCA

Registration Required Fees May Apply

**For safety reasons and in consideration of other participants, please be on time.
Proper attire and footwear are required.
Classes are opened to ages 15 and older unless noted otherwise.
Class schedule | Instructors and classes are subject to change.**



LAKELAND HILLS FAMILY YMCA FITNESS CLASS DESCRIPTIONS WWW.LAKELANDHILLSYMCA.COM

CARDIO

Cardio Step: Grab your leg warmers to join this high energy, heart pumping class using step choreography to keep you moving. Various intervals challenge your heart and tones the lower body. All fitness levels

Cycling: Emphasis on proper cycling technique while you control the intensity of this world-class workout. Arrive 30 minutes before class to pick up your reservation ticket and get your bike. All fitness levels

Forever Fit: Composed of simple aerobic movements, easy arm exercises, stretching and balance work, Forever Fit is a group training class that is easy on the muscle and joints. If you are looking for a fun group class that keeps you moving without impactful or jarring actions- try Forever Fit. All fitness levels

Kick, Punch and Crunch: Get sweaty and create a strong, lean core with our Remixed Kickboxing class with an additional emphasis on core-based movements. Improve your balance, build muscular endurance, and tighten up those abs with a series of full body movements. Take that boost of endorphins and leave class with confidence and strength!

Squats, Slams, & Ropes: Using battle ropes, slam balls, and weights, this functional workout is for the glutes, back and abs.

Metcon: This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. All fitness levels

Total Body Strength: A muscle-building class featuring a mixture of dumbbells, resistance bands, and bodyweight to sculpt and define arms, back, legs and glutes. All fitness levels

SPECIALTY CLASSES- MAY REQUIRE A FEE/REGISTRATION REQUIRED

Boxing Hiit: A cardiovascular workout to help increase stamina in the heart and lungs by incorporating punching and kicking drill involving a heavy bag. All fitness levels. **Limited to 6 participants. Registration and a fee is required**

Cycle Fusion: Cycle Fusion is a combination of cycle & weights. You will start a cardio workout on the bike with a continuation with intervals of weights, bands and core. All fitness levels. **Registration is required. See Floor Staff 30 minutes Prior to the start of class. No fee required**

Kettlebell 101: this class combines functional, compound exercises such as "the swing," "the clean" and "the press" that will work multiple muscle groups. You will develop strength, muscular endurance, flexibility, and cardiovascular conditioning through this ultimate "momentum-based" workout. With the proper coaching, the kettlebells provide a total-body strength and conditioning that is super efficient in burning calories and initiating fat loss. **Limited to 6 participants. Registration and a fee is required**

Squats, Slams, & Ropes: Using battle ropes, slam balls, and weights this functional workout is for the glutes, back and abs. Appropriate for all levels.

Limited to 6 participants. Registration and a fee is required

Tread N' Shed: Diversify your treadmill workout with this fun and intense cardio class! Explore different speeds, levels and heights as you walk and sprint your way to a fitter, leaner you! All fitness levels **Registration is required. See Floor Staff 30 minutes Prior to the start of class. No fee required**

SPIRIT-MIND-BODY

Balanced Body: Creating a practice of breath, body postures, movement sequences, and stretches that allow the body's physical systems to coordinate and work together. All fitness levels

Chair Yoga: This is the gentlest form of yoga; it is easier on your muscles, and is for people with high blood pressure, anxiety, chronic fatigue syndrome, arthritis, vertigo, multiple sclerosis, carpal tunnel syndrome, chronic pain, and those that find it difficult to get up and down from the floor. All fitness levels

Gentle Yoga: A slower paced, less intense style of yoga that focuses on thoughtful movements and breath work. All fitness levels

Meditation: Discover the benefits of meditation, learn proper posture and breathing techniques, cultivate mindfulness and concentration, and enjoy guided sessions in this introductory meditation class. All fitness levels

Open level Yoga: Open yoga presents classical yoga teachings designed to bring together a mix of practitioners with varied skill levels, from beginners to more advanced. This gives you the option to modify if you need to or increase the intensity if that's what your body needs. All fitness levels

Power Yoga: Power yoga incorporates the athleticism of Ashtanga, including lots of vinyasas (series of poses done in sequence) but gives each teacher the flexibility to teach any poses in any order, making every class different, with its emphasis on strength and flexibility.

Sunrise Yoga: This class incorporates traditional sports stretching and focuses more on structure and balance. All fitness levels.

Total Mobility: The ability to move freely within your body not only helps you FEEL your best, but it can help alleviate chronic pain, reduce injuries, and improve overall performance. This low impact class will take you through a series of exercises to help you feel mobile and fluid and ready to start the day no matter which way you choose to go. All fitness levels.

Yin Yoga: is a style of yoga that involves **long holds in various seated and reclined poses** to access deeper layers of fascia and to quiet the mind. There are three tenets of Yin Yoga: find your edge where you can feel the stretch but without straining; remain still; and allow yourself to stay here for time.

Yoga: A fit and supple body is developed through the practice of postures (asanas). Taken from various Yoga disciplines, the asanas are taught with attention to correct positioning of the body so that each individual part as well as the various physiological systems can function to their best potential. All fitness levels

Yogalates: Blending the breath and flexibility training of yoga with the power and centering techniques of Pilates, Yogalates offers a workout that stretches and tones the body while relaxing the mind. All fitness levels

DANCE

Cardio Dance: cardio routine incorporating basic, easy to follow dance fitness moves followed by a toning segment that focuses on sculpting long, lean muscles. All fitness levels

Country Line Dancing: This line dancing class is designed for all levels, ages, and for male and females. The fitness aspect increases your heart rate which then speeds up your metabolism and you burn calories. The dance aspect you are learning how to dance, flexibility, and correct posture alignment. The dance consists of country, jazz and swing. Learn how to dance and get an amazing workout all while having fun! All fitness levels

Zumba: An aerobic workout with pulsating Latin music incorporating footwork and body movements from flamenco, salsa, meringue and other dances. All fitness levels

SCULPTING & TONING

Barre Fusion: Barre Fusion is a unique blend of Pilates principles, strength training, barre and high-energy workouts that will make you feel graceful, flexible and strong. Our classes are designed to transform your physique through a fusion of unique resistance exercises, flexibility training and cardio exercises creating a toned, shapely body! All fitness levels

Body Pump: A total body workout that burns calories, shapes, and tones without building bulky muscles. The encouragement, motivation, and great music in every BODYPUMP® class will achieve the results you want and deserve! All fitness levels

Butts & Guts: Train and tighten all regions of the lower body and core with this toning class. Workout will focus on the abs, glutes, legs, and lower back using light weights, bands, and body resistance. All fitness levels

Cardio Sculpt: Body sculpting class designed to increase strength and muscle tone using a variety of equipment, targeting all major muscle groups. Resistance training combined with short bursts of cardio drills; all fitness levels

Chisel: Shape and sculpt every muscle in your upper body and core to tone and chisel your arms, shoulders, chest, back and core.

Curls & Crunches: a challenging six-pack of exercises that builds & defines abdominal muscles to strengthen and chisel your core. all fitness levels

Enhanced Fitness: Like Enhance Fitness but are ready for a bit more? Take your cardio, strength, balance, and flexibility to the next level in this "Enhanced" like fitness class.

Functional Strength: a strength class designed to prepare you for daily living like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling

Mat Pilates: A series of core exercises that emphasize the muscles of the abdomen and back. Posture will improve while you lengthen and strengthen all of the muscles in your body. All fitness levels

Pilates Fusion: is a low impact strength workout that enhances your muscle tone, posture, flexibility and confidence in a class that blends ballet, dance, functional strength and mind-body inspired movement. These exercises are performed with precision and concentration for ultimate results, each of the movements can be modified to match your unique skill and strength levels

Power Pilates: A total body workout that mixes strength and regular Pilates, and it uses these combined and isolated movements to build control, core strength, balance, and muscular endurance. All fitness levels

Strength & More: Total body toning and conditioning, working multiple muscles while engaging core stabilization throughout your range of motion. All fitness levels

HEALTHY LIVING PROGRAMS-REGISTRATION REQUIRED

Cardiac Care Maintenance: Designed to heart patients maintain the best possible cardiovascular health following a heart attack or other cardio procedures. Y membership and a signed clearance form from your doctor or rehab center is required before starting your maintenance program. Register in person only.

Enhance Fitness: Enhance Fitness is a 16-week proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living. The program uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. Each class session includes cardiovascular, strength training, balance, and flexibility exercises and the fostering of strong social relationships between participants.

The Art of Healthy Living Weight Management Program: 13- week program designed to help adults seeking healthy weight goals by creating behavior changes and healthy habits. Each week participants will be introduced to a new topic such as nutrition, personal macros, positive psychology, goal setting, and sustainability.

Livestrong at the YMCA: Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. Livestrong at the YMCA is a 12-week researched-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Medical clearance required.

Strength and Longevity a Parkinsons Journey: Fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. This wellness program is designed to retrain the mind and body. Come put the power back into your step!

ONE STEP MS Program: In partnership with the National MS Society, the One-Step Program is a 7-week wellness course designed for adults medically diagnosed with MS. Participants are provided a comfortable and accessible environment to encourage therapeutic exercise addressing the issues of fatigue, mobility, weakness, and depression. Medical clearance required.

The YMCA'S Diabetes Prevention Program: This evidence-based program held over the course of one year (25 sessions) for individuals with prediabetes is approved by the CDC. Led by a trained Lifestyle Coach, learn how making small changes can reduce your risk of diabetes and help you lead a healthier life.