



# CLASSES SCHEDULE

**FITNESS CLASSES**  
September/October  
2017 Battle  
Creek Family YMCA



The Battle Creek Family YMCA offers a variety of **FREE FITNESS CLASSES!** With so many options to choose from, you'll be able to find something that is right for you!

Don't forget to check out the pool schedule for the aquatic aerobic class schedule!

## Fitness Class Descriptions:

**BOKWA:** Trace letters and numbers with your feet while moving to the beat of today's most popular songs

**Bootcamp\*:** Beginner to Advanced full body muscle toning and heart pumping cardio.

**Butt & Gut\*:** GET TONED! This class focuses on strength training to reshape your ABS, hips, butt and thighs.

**Cardio Drumming** - a full-body cardio jam session, combining light resistance with constant simulated drumming.

**Cize:** Cize is a cardio dance workout with new moves and great music. It's about moving to the beat, and everyone can do it!

**Chair Yoga:** Yoga moves while seated

**Doublestep:** A high-intensity, low-impact choreographed exercise performed using two step platforms.

**Kids Fit:** Fun exercises to get kids up and moving

**Metabolic Circuit:** Increase your metabolism and burn fat with a workout combining interval and strength training routines.

**PiYo:** A challenging mix of both Pilates and yoga

**Power Circuit:** Enjoy both cardio & strength training in this fast paced circuit workout.

**Pro Performance:** Take strength & cardio to an all new high! In this class we focus on strength training with weights combined with spinning for cardio and endurance.

**P90X:** The program includes 12 intense workouts that use resistance and body-weight training, cardio, plyometrics, ab work, martial arts and yoga.

**SilverStars:** enjoy a low impact workout using hand weights, bands, and balls.

**Spin:** Cycling on a NEW level! Spinning is a form of exercise focusing on endurance, strength, intervals, high intensity and recovery all on stationary bikes

**Spin & Lift:** The same great cardio exercise as you'd come to expect with Spinning but this is combined with weights.

**S.W.A.T:** Steps Weights, and Aerobic Training

**Synrgy Circuit:** Enjoy a fast pace circuit workout on our NEW Synrgy tower while learning new exercises and the many functions of the new machine.

**Tang Soo Do:** Martial Arts. This class is open to the public.

**X-Fit:** A program focusing on optimizing fitness through a variety of functional, relatively high intensity workouts.

**Y Pump\*:** Pump Up Muscle Performance guaranteed to challenge all your major muscles!

**Yoga/Pilates Fusion:** A combinations of Yoga and Pilates moves to help stretch and strengthen your body

**Yoga:** Three Words; flexibility, strength and grace.

**Yoga for Athletes:** A class designed to help athletes with flex-ibility & core strength. Beginners to advance will benefit from this class.

**Zumba\*:** Feel-the-music! Latin & International music. Dance cardio workout.

\* Family Friendly: ages 10+ with adult supervision;

# September/October 2017 (Begins September 5th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m. <b>Spin*</b> (1) Roger	5:30 a.m. <b>Y-Pump</b> (1) Amber	5:30 a.m. <b>PiYo</b> (1) Jen	5:30 a.m. <b>P90x</b> (1) Jen	5:45 a.m. <b>Spin*</b> (1) Roger	8:00 a.m. <b>Spin*</b> (1) Victoria R	1 p.m. <b>Yoga/Pilates Fusion*</b> (1) Jaime K
9 a.m. <b>Metabolic Circuit*</b> (1) Abby	9 a.m. <b>PiYo*</b> (1) Abby	9 a.m. <b>Metabolic Circuit*</b> (1) Abby	9 a.m. <b>PiYo*</b> (1) Abby	9 a.m. <b>Spin*</b> (1) Bre/Caye	8:30 a.m. <b>Yoga</b> (3) Diana	
9:45-11:15 a.m. <b>Yoga*</b> (3) Diana	9 a.m. <b>Cardio Drumming*</b> (UP) Robert	9 a.m. <b>Synrgy Circuit/Xfit*</b> (HEC) Bre	10 a.m. <b>Power Circuit*</b> (HEC) Bre	9 a.m. <b>Yoga for Athletes*</b> (3) Abby	8:45 a.m. <b>Power Circuit*</b> (HEC) Pam	
10 a.m. <b>Pro Performance</b> (1) Bre/Holly	10 a.m. <b>Power Circuit*</b> (HEC) Mary	9:45-11:15 a.m. <b>Yoga</b> (3) Diana	11 a.m. <b>Kids Fit*</b> (1) Caye/Mary	10 a.m. <b>Y-Pump*</b> (1) Bre/Bailey	9 a.m. <b>Cardio Drumming*</b> (UP) Bailey	
10 a.m. <b>Silverstars</b> (YS) Stephany	10 a.m. <b>Chair Yoga</b> (YS) Diana	10 a.m. <b>Y-Pump</b> (1) Holly	5:30 p.m. <b>Spin &amp; Lift</b> (1) Pam	10 a.m. <b>Silverstars</b> (YS) Stephany	9 a.m. <b>Double Step*</b> (1) Tracey	
5:00 p.m. <b>Butt &amp; Gut</b> (2) Lynn	5:30 p.m. <b>SWAT*</b> (1) Veta	10 a.m. <b>Silverstars</b> (YS) Michelle J	6-8 p.m. <b>Tang soo do*</b> (UP) Doug	11 a.m. <b>Cardio Drumming*</b> (UP) Bailey	10 a.m. <b>Zumba*</b> (1) Michelle W	
5:30 p.m. <b>Y-Pump</b> (1) Myra	6:30 p.m. <b>Spin*</b> (1) Victoria/Keith	5:00 p.m. <b>Butt &amp; Gut</b> (2) Lynn	6:30 p.m. <b>Yoga*</b> (3) Dawn			
6 p.m. <b>Power Circuit*</b> (WC) Veta	6:30 p.m. <b>Bokwa*</b> (4) Michelle W	5:30 p.m. <b>Bootcamp</b> (1) Cameo				
6 p.m. <b>Cardio Drumming*</b> (UP) Bailey	6-8 p.m. <b>Tang soo do*</b> (UP) Doug	6 p.m. <b>Cardio Drumming*</b> (UP) Robert				
6:30 p.m. <b>Yoga</b> (3) Myra				<b>FITNESS CLASS KEY:</b>  (1) Studio One (2) Studio Two (3) Studio Three (4) Studio Four YS Y Stretch (HEC) Health Enhancement Center (MSC) Multi-Sports Complex (UP) Upstairs Track (WC) Wellness Center * Family Friendly (10+)		

STUDIO 3 & 4 ARE DOWNSTAIRS  
YS IS RIGHT OFF THE LOBBY