



CLASSES SCHEDULE

FITNESS CLASSES
January
2018 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.

Groove: A fun, simple and exciting way to experience dance that nurtures your mind, body, heart and soul.

Kickboxing Circuit: A combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance, along with stretching exercises.

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.

Strength 101: Sign up at the desk to work on strength and flexibility on the HEC machines. Limit 6 per class, this is FREE to members.

Strong Bodies: In this class you will challenge your body with a mix of high intensity cardio and strength training to get fast results.

Stretch: Come get a full body stretch for all your major muscle groups. While you will work the full body each week will also focus on a specific joint for mobility and flexibility.

Sunday Funday: This is an instructors choice high intensity workout. You will combine cardio and strength training for fast results.

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

Swim Fit: Come learn different strokes and techniques for lap swimming.

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.

Trifecta: Three words: Strength, Core & Cardio.

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;

January–March 2018 (begins Monday 1/8/18)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m. Spin* (1) Roger	5:30 a.m. Y-Pump (1) Amber	9 a.m. Metabolic Circuit* (1) Abby	5:30 a.m. P90x (1) Jen	5:45 a.m. Spin* (1) Roger	8:00 a.m. Spin* (1) Victoria R	8:45 a.m. Sunday Funday* (1) Bre
9 a.m. Metabolic Circuit* (1) Abby	9 a.m. PiYo* (1) Abby	9 a.m. Synrgy Circuit/ Xfit* (HEC/2) Taryn	9 a.m. PiYo* (1) Abby	9 a.m. Spin* (1) Bre/Caye	8:30 a.m. Yoga (3) Diana	1 p.m. Yoga/Pilates Fusion* (1) Jaime K
9:45–11:15 a.m. Yoga* (3) Diana	9 a.m. Cardio Drumming* (UP) Robert	9:45–11:15 a.m. Yoga (3) Diana	10 a.m. Power Circuit* (HEC) Bre	10 a.m. Y-Pump* (1) Bre/Bailey	8:45 a.m. Power Circuit* (HEC) Marjorie	
10 a.m. Pro Performance (1) Bre/Holly	10 a.m. Power Circuit* (HEC) Mary	10 a.m. Stretch (2) Abby (30 min)	11 a.m. Kids Fit* (1) Caye/Mary	10 a.m. Silverstars (YS) Stephany	9 a.m. Cardio Drumming* (UP) Bailey	
10 a.m. Silverstars (YS) Stephany	10 a.m. Chair Yoga (YS) Diana	10 a.m. Y-Pump (1) Holly	4:30 p.m. Trifecta (1) Mary	10:15 a.m. Yoga for Athletes* (3) Abby	9 a.m. Double Step* (1) Tracey	
10 a.m. Stretch (2) Abby (30 min)	10 a.m. Swim Fit (Lap Pool) Caye	10 a.m. Groove (4) Victoria P	5:30 p.m. Spin & Lift (1) Pam	11 a.m. Cardio Drumming* (UP) Bailey	10 a.m. Bootcamp *(UP) Bre/Holly	
5:00 p.m. Butt & Gut (2) Lynn	10 a.m. Strength 101 *(HEC) Abby (limit 6, sign up required)	10 a.m. Silverstars (YS) Bailey	6–8 p.m. Tang soo do* (UP) Doug		10 a.m. Zumba* (1) Michelle W	
5:30 p.m. Y-Pump (1) Myra	5:30 p.m. SWAT* (1) Veta	5:00 p.m. Butt & Gut (2) Lynn	6:30 p.m. Yoga* (3) Dawn		11 a.m. Bokwa *(1) Michelle	
6 p.m. Power Circuit* (WC) Veta	5:30 p.m. Strong Bodies (2) Taryn	5:30 p.m. Bootcamp (1) Mary	6:30 p.m. Kickboxing Circuit* (1) Victoria P			
6 p.m. Cardio Drumming *(UP)	6:30 p.m. Spin* (1) Victoria R/Keith	6 p.m. Cardio Drumming* (UP) Robert		FITNESS CLASS KEY: (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+)		
6:30 p.m. Yoga (3) Myra	6:30 p.m. Bokwa* (4) Michelle W					
6:30 p.m. Kickboxing Circuit* (1) Victoria P	6–8 p.m. Tang soo do* (UP) Doug					

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