



# CLASSES SCHEDULE

**FITNESS  
CLASSES**  
June  
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:

**Band Core & More:** Come learn fun yet challenging exercises with resistance exercise bands. This class will combine both strength training and cardio for a quick 30 minute workout.

**BOA:** (Boxing on Adrenaline) Burn fat through a kickboxing based cardio, strength and endurance workout.

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

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

**Chair Yoga:** Yoga moves while seated

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

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

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

**Kickboxing Circuit:** A combination of cardio, boxing and marital 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.

**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.

**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.

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

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

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

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

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

**Yoga for Fitness:** 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;

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m. <b>Indoor Cycling*</b> (2) Roger	5:30 a.m. <b>Y-Pump</b> (1) Amber	9 a.m. <b>Indoor Cycling*</b> (2) Bre	5:30 a.m. <b>P90x</b> (1) Jen	5:45 a.m. <b>Indoor Cycling*</b> (2) Roger	8:00 a.m. <b>Indoor Cycling*</b> (2) Victoria R	
9 a.m. <b>Metabolic Circuit*</b> (1) Abby	9 a.m. <b>PiYo*</b> (1) Abby	9:45-11:15 a.m. <b>Yoga</b> (3) Diana	9 a.m. <b>PiYo*</b> (1) Abby	9 a.m. <b>Indoor Cycling*</b> (2) Bre	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	10 a.m. <b>Stretch*</b> (UP) (30 min)	9 a.m. <b>Indoor Cycling*</b> (2) Holly (30 min)	9:30 a.m. <b>B.O.A.*</b> (4) Victoria P	8:45 a.m. <b>Power Circuit*</b> (HEC) Marjorie	
10 a.m. <b>Pro Performance</b> (1&2) Bre/Holly	10 a.m. <b>Power Circuit*</b> (HEC) Mary	10 a.m. <b>Band, Core &amp; More*</b> (1) Holly (30 min)	10 a.m. <b>Power Circuit*</b> (HEC) Bre	10 a.m. <b>Silverstars</b> (UP) Stephany	9 a.m. <b>Cardio Drumming*</b> (UP) Bailey	
10 a.m. <b>Silverstars</b> (UP) Stephany	10 a.m. <b>Chair Yoga</b> (3) Diana	10 a.m. <b>Silverstars</b> (UP) Stephany	11 a.m. <b>Kids Fit*</b> (1) Mary	10:15 a.m. <b>Yoga for Fitness*</b> (3) Abby	9 a.m. <b>Double Step*</b> (1) Tracey	
10 a.m. <b>Stretch *</b> (UP) (30 min)	5:30 p.m. <b>SWAT*</b> (1) Veta	5:30 p.m. <b>Indoor Cycling &amp; Lift</b> (1&2) Mary	5:30 p.m. <b>Indoor Cycling &amp; Lift</b> (1&2) Caye	11 a.m. <b>Cardio Drumming*</b> (UP) Bailey	10 a.m. <b>Zumba*</b> (1) Michelle W	
5:15 p.m. <b>Y Pump</b> (1) Lynn	5:30 p.m. <b>Strong Bodies</b> (4) Taryn	6 p.m. <b>Cardio Drumming*</b> (UP) Robert	6-8 p.m. <b>Tang soo do*</b> (UP) Doug			
5:30 p.m. <b>Indoor Cycling</b> (2) Myra	6:00 p.m. <b>Indoor Cycling*</b> (2) Victoria R/Keith	6 p.m. <b>B.O.A.*</b> (4) Victoria P	6:30 p.m. <b>Yoga*</b> (3) Dawn			
6 p.m. <b>Cardio Drumming*</b> (UP) Heidi	6:30 p.m. <b>Bokwa*</b> (1) Michelle W					
6:15 p.m. <b>Kickboxing Circuit*</b> (1) Victoria P	6-8 p.m. <b>Tang soo do*</b> (UP) Doug			<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+)		
6:30 p.m. <b>Yoga*</b> (3) Myra						

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