



CLASSES SCHEDULE

FITNESS CLASSES
Nov/Dec
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:

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

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.

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

HIIT: High Intensity Interval Training

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.

Met Con: A workout involving repeated and/or sustained high-intensity exercises, usually involving weight lifting movements, with short rest periods in order to burn fat or create a "conditioning" effect.

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.

Parent and Me: Parents are invited to bring their child ages 4m-18m to enjoy a fun filled workout centered around the child.

Quick Fit*: Come get a full body strength training workout in just 30 minutes time.

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

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.

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

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!

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

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

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

* Family Friendly; ages 10+ with adult supervision;

Nov/Dec (begins 11/5)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m. Indoor Cycling* (2) Roger	5:30 a.m. Y-Pump (1) Andrea	5:30 a.m. HIIT* (1) Andrea	5:30 a.m. P90X Live (1) Jen	5:45 a.m. Indoor Cycling* (2) Roger	8:00 a.m. Indoor Cycling* (2) Victoria R	8:30a.m. Sunday Funday* (1) Jocelyn
9 a.m. Metabolic Circuit* (1) Abby	9 a.m. PiYo* (1) Abby	8:45 a.m. Xfit/Synrgy* (4/HEC) Taryn	9 a.m. PiYo* (1) Abby	9 a.m. Indoor Cycling* (2) Bre	8:45a.m. Power Circuit* (HEC) Marjorie	
10 a.m. Pro Performance (1&2) Bre/Holly	9a.m. Cardio Drumming* (UP) Robert	9 a.m. Indoor Cycling* (2) Bre/Mary	9 a.m. Indoor Cycling* (2) Holly (30 min)	9:30a.m. B.O.A.* (4) Victoria P	9a.m. Cardio Drumming* (UP) Bailey	
10 a.m. Silverstars (UP) Beth	9:30a.m. B.O.A.* (4) Victoria P	10 a.m. Stretch* (UP) Abby (30 min)	9:30a.m. B.O.A.* (4) Victoria P	10 a.m. Silverstars (UP) Bailey	9a.m. Double Step* (1) Tracey	
5:30 p.m. Y Pump (1) Lynn/Pam	10 a.m. Power Circuit* (HEC) Mary	10 a.m. Met Con* (1) Holly (30 min)	10 a.m. Power Circuit* (HEC) Bre	10 a.m. Quick Fit (1) Bre/Mary (30 min)	10a.m. Zumba* (1) Michelle W	
5:30 p.m. Indoor Cycling (2) Myra	11 a.m. Kids Fit* (1) Mary	10 a.m. Silverstars (UP) Stephany	6-8p.m. Tang soo do* (UP) Doug	11a.m. Cardio Drumming* (UP) Bailey	11a.m. Bokwa* (1) Michelle W	
6 p.m. Cardio Drumming* (UP) Heidi	5:30 p.m. SWAT* (1) Veta	5p.m. Butt & Gut* (1) Lynn				
6:15 p.m. Kickboxing Circuit* (1) Victoria P	5:30 p.m. Strong Bodies (4) Taryn	5:30 p.m. Indoor Cycling & Lift (1&2) Mary				
	6:30 p.m. Indoor Cycling* (2) Victoria R/Mary	6p.m. Cardio Drumming* (UP) Robert				
	6:30p.m. Bokwa* (1) Michelle W	6p.m. B.O.A.* (4) Victoria P				
	6-8p.m. Tang soo do* (UP) Doug					

FITNESS CLASS KEY:

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| (1) Studio One | (HEC) Health Enhancement Center |
| (2) Studio Two | (MSC) Multi-Sports Complex |
| (4) Studio Four | (UP) Upstairs Track |
| Studio 4 is located downstairs | (WC) Wellness Center |
| For all Yoga classes please check Essential Yoga Studio schedule | * Family Friendly (10 +) |