



# Stay Positive, Work Hard, Make it Happen!

## March 2023 MORNING CLASS SCHEDULE

MON	TUES	WED	THU	FRI	SAT
		1 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Marie)	2 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	3 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Marie)	4
6 8:00 Line Dance Party (Pam) 9:00 Y360 (Virtual) 9:00 Water Aerobics (Marie)	7 9:00 Warrior Circuit Class (Matt) 10:00 Y 360 (Virtual)	8 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Marie)	9 9:00 Warrior Circuit Class (Matt) 10:00 Y 360 (Virtual)	10 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Marie)	11
13 <b>YMCA CLOSED</b>	14 <b>YMCA CLOSED</b>	15 <b>YMCA CLOSED</b>	16 <b>YMCA CLOSED</b>	17 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Marie)	18
20 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Marie)	21 9:00 Warrior Circuit Class (Matt) 10:00 Y 360 (Virtual)	22 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Marie)	23 9:00 Warrior Circuit Class (Matt) 10:00 Y 360 (Virtual)	24 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Marie)	25
27 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Marie)	28 9:00 Warrior Circuit Class (Matt) 10:00 Y 360 (Virtual)	29 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Marie)	30 9:00 Warrior Circuit Class (Matt) 10:00 Y 360 (Virtual)	31 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Marie)	



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## March 2023 EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
		1  6:05 Indoor Cycle (Jeff)	2 5:00 Warrior Circuit Class (Jessica)  5:30 Step (Missy)  6:35 Yoga (Missy)	<p><b>Insanity</b> (30 mins) Max Interval total body workout using your body weight as resistance. For all fitness levels.</p> <p><b>UP &amp; DOWN</b> (1 HOUR) The class will consist of basic exercises from your school days (jumping jacks, jump rope, squats and walking/running the track).</p>
6 5:00 Warrior Circuit Class (Matt)  5:30 Insanity (Missy)  6:05 Indoor Cycle (Jeff)	7 5:30 UP & DOWN (Missy)  6:35 Yoga (Missy)	8  6:05 Indoor Cycle (Jeff)	9 5:00 Warrior Circuit Class (Jessica)  5:30 Step (Missy)  6:35 Yoga (Missy)	<p><b>Y 360 Virtual</b> (30-45 MINUTES) A low-impact, low intensity workout that combines cardio, strength, flexibility, and balance training. Chair options for part or all of the class.</p> <p><b>YOGA</b> (1HOUR) These classes will meet in the group exercise room. The participants will work on breathing, stretching, toning and relaxation. Being barefoot is the preferred "shoe". Mats will be available to use during class.</p>
13 5:00 Warrior Circuit Class (Matt)  5:30 Insanity (Missy)  6:05 Indoor Cycle (Jeff)	14 5:30 UP & DOWN (Missy)  6:35 Yoga (Missy)	15  6:05 Indoor Cycle (Jeff)	16 5:00 Warrior Circuit Class (Jessica)  5:30 Step (Missy)  6:35 Yoga (Missy)	<p><b>WATER AEROBICS</b> (1 HOUR) The class focuses on: full range of motion, no impact and core workouts. This class meets in the lap pool.</p> <p><b>WARRIOR CIRCUIT CLASS</b> (30 MINUTES) This class will consist of a number of different exercise stations being set up in the gym. The participants will start at one specific station and rotate through all exercises for set period of time.</p>
20 5:00 Warrior Circuit Class (Matt)  5:30 Insanity (Missy)  6:05 Indoor Cycle (Jeff)	21 5:30 UP & DOWN (Missy)  6:35 Yoga (Missy)	22  6:05 Indoor Cycle (Jeff)	23 5:00 Warrior Circuit Class (Jessica)  5:30 Step (Missy)  6:35 Yoga (Missy)	<p><b>LINE DANCE PARTY</b> (1 HOUR) This class is a fun way to dance your way to good health. It combines low, moderate and high energy line dance routines and will help you burn calories at the same time.</p> <p><b>STEP</b> (1 HOUR) Is a form of aerobic exercise that involves stepping on and off a small platform.</p>
27 5:00 Warrior Circuit Class (Matt)  5:30 Insanity (Missy)  6:05 Indoor Cycle (Jeff)	28 5:30 UP & DOWN (Missy)  6:35 Yoga (Missy)	29  6:05 Indoor Cycle (Jeff)	30 5:00 Warrior Circuit Class (Jessica)  5:30 Step (Missy)  6:35 Yoga (Missy)	<p><b>INDOOR CYCLE</b> (45mins) Class will take place in the Group Ex Room on the 1st floor. An instructor will lead you through class in different variations and drills on the bikes.</p> <p>FOR YMCA 360 CLASS DESCRIPTIONS SEE THE FRONT DESK OR MATT GRIFFEY FOR MORE DETAILS!</p> <p><b>** We welcome you to join any class at any time! All classes will be multi-level classes. All classes can be modified to your fitness level. Come join in on the fun!**</b></p>