



Stay Positive, Work Hard, Make it Happen!

November 2023 MORNING CLASS SCHEDULE

MON	TUES	WED	THU	FRI	SAT
		1 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	2 9:00 HIIT Battle Ropes (Elijah) - GYM 9:00 Dance! Dance! (Kelley)	3 8:00 Line Dance Party (Pam) 9:00 Water Aerobics (Rebecca)	4
6 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	7 9:00 HIIT Battle Ropes (Elijah) - GYM 9:00 Dance! Dance! (Kelley)	8 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	9 9:00 HIIT Battle Ropes (Elijah) - GYM 9:00 Dance! Dance! (Kelley)	10 8:00 Line Dance Party (Pam) 9:00 Water Aerobics (Rebecca)	11
13 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	14 9:00 (HIIT Battle Ropes (Elijah) - GYM 9:00 Dance! Dance! (Kelley)	15 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	16 9:00 HIIT Battle Ropes (Elijah) - GYM 9:00 Dance! Dance! (Kelley)	17 8:00 Line Dance Party (Pam) 9:00 Water Aerobics (Rebecca)	18
20 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	21 9:00 HIIT Battle Ropes (Elijah) - GYM 9:00 Dance! Dance! (Kelley)	22 8:00 Line Dance Party (Pam) NO CLASS 9:00 Power Pump (Debbie) NO CLASS 9:00 Water Aerobics (Rebecca)	23 NO CLASSES—HAPPY THANKSGIVING!!!!	24 NO CLASSES—HAPPY THANKSGIVING!!!!	25
27 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	28 9:00 HIIT Battle Ropes (Elijah) - GYM 9:00 Dance! Dance! (Kelley)	29 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	30 9:00 (HIIT Battle Ropes (Elijah) - GYM 9:00 Dance! Dance! (Kelley)		



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November 2023 EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
		1	2 4:30 Power Pump (Debbie) 5:00 HIIT Battle Ropes (Jessica) 5:35 Step (Missy) 6:35 Yoga (Missy)	<p>POWER PUMP (1 HOUR) Resistance-based strength workout that targets your whole body.</p> <p>KICKBOXING (1 HOUR) The class will be a cardio based class that utilizes kicking and punching to burn maximum calories.</p> <p>Dance! Dance! (1 HOUR) Latin, hip-hop, 70s funk—if its FUN we dance it!! Moves between hi/lo intensity that gets your heart rate up and boosts cardio. (Beginner to Advanced).</p>
6 5:00 HIIT Battle Ropes (Debbie)	7 4:30 Power Pump (Debbie) 5:35 Kickboxing (Missy) NO CLASS 6:35 Yoga (Missy) NO CLASS	8	9 4:30 Power Pump (Debbie) 5:00 HIIT Battle Ropes (Jessica) 5:35 Step (Missy) 6:35 Yoga (Missy)	<p>YOGA (30-40MINS) 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> <p>WATER AEROBICS (1 HOUR) The class focuses on: full range of motion, no impact and core workouts. This class meets in the lap pool.</p>
13 5:00 HIIT Battle Ropes (Debbie)	14 4:30 Power Pump (Debbie) 5:35 Kickboxing (Missy) 6:35 Yoga (Missy)	15	16 4:30 Power Pump (Debbie) 5:00 HIIT Battle Ropes (Jessica) 5:30 Step (Missy) 6:35 Yoga (Missy)	<p>HIIT BATTLE ROPES (30 MINUTES) High Intensity Interval Training class utilizing battle ropes, body weight exercises, and cardio moves!</p> <p>LINE DANCE PARTY (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>
20 5:00 HIIT Battle Ropes (Debbie)	21 4:30 Power Pump (Debbie) 5:35 Kickboxing (Missy) 6:35 Yoga (Missy)	22	23 NO CLASSES—HAPPY THANKSGIVING!!!!	<p>STEP (1 HOUR) Is a form of aerobic exercise that involves stepping on and off a small platform.</p> <p>FOR YMCA 360 CLASS DESCRIPTIONS SEE THE FRONT DESK OR MATT GRIFFEY FOR MORE DETAILS!</p> <p>** 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!**</p>
27 5:00 HIIT Battle Ropes (Debbie)	28 4:30 Power Pump (Debbie) 5:35 Kickboxing (Missy) 6:35 Yoga (Missy)	29	30 4:30 Power Pump (Debbie) 5:00 HIIT Battle Ropes (Jessica) 5:35 Step (Missy) 6:35 Yoga (Missy)	