



Stay Positive, Work Hard, Make it Happen!

September 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
4 Labor Day—Closed	5 9:00 Warrior Circuit Class (Matt) Group Ex Studio 10:00 Y 360 (Virtual)	6 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	7 9:00 Warrior Circuit Class (Matt) Group Ex Studio 10:00 Y 360 (Virtual)	8 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Rebecca)	9
11 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Marie)	12 9:00 Warrior Circuit Class (Matt) Group Ex Studio 10:00 Y 360 (Virtual)	13 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	14 9:00 Warrior Circuit Class (Matt) Group Ex Studio 10:00 Y 360 (Virtual)	15 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Rebecca)	16
18 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Marie)	19 9:00 Warrior Circuit Class (Matt) Group Ex Studio 10:00 Y 360 (Virtual)	20 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	21 9:00 Warrior Circuit Class (Matt) Group Ex Studio 10:00 Y 360 (Virtual)	22 8:00 Line Dance Party (Pam) 9:00 Y 360 (Virtual) 9:00 Water Aerobics (Rebecca)	23
25 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Marie)	26 9:00 Warrior Circuit Class (Matt) Group Ex Studio 10:00 Y 360 (Virtual)	27 8:00 Line Dance Party (Pam) 9:00 Power Pump (Debbie) 9:00 Water Aerobics (Rebecca)	28 9:00 Warrior Circuit Class (Matt) Group Ex Studio 10:00 Y 360 (Virtual)		



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September 2023 EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
4 Labor Day—Closed	5 4:30 Power Pump (Debbie) 5:35 UP & DOWN (Missy) (NO CLASS) 6:35 Yoga (Missy) (NO CLASS)	6	7 4:30 Power Pump (Debbie) 5:00 Warrior Circuit Class (Matt) 5:35 Step (Missy) 6:35 Yoga (Missy)	<p>POWER PUMP (1 HOUR) Resistance-based strength workout that targets your whole body.</p> <p>UP & DOWN (1 HOUR) The class will consist of basic exercises from your school days (jumping jacks, jump rope, squats and walking/running the track).</p> <p>Y 360 Virtual (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>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> <p>WARRIOR CIRCUIT CLASS (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> <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> <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>
11 5:00 Warrior Circuit Class (Matt) Group Ex Studio	12 4:30 Power Pump (Debbie) 5:35 UP & DOWN (Missy) 6:35 Yoga (Missy)	13	14 4:30 Power Pump (Debbie) 5:00 Warrior Circuit Class (Jessica) 5:35 Step (Missy) 6:35 Yoga (Missy)	
18 5:00 Warrior Circuit Class (Matt) Group Ex Studio	19 4:30 Power Pump (Debbie) 5:35 UP & DOWN (Missy) 6:35 Yoga (Missy)	20	21 4:30 Power Pump (Debbie) 5:00 Warrior Circuit Class (Jessica) 5:30 Step (Missy) 6:35 Yoga (Missy)	
25 5:00 Warrior Circuit Class (Matt) Group Ex Studio	26 4:30 Power Pump (Debbie) 5:35 UP & DOWN (Missy) 6:35 Yoga (Missy)	27	28 4:30 Power Pump (Debbie) 5:00 Warrior Circuit Class (Jessica) 5:35 Step (Missy) 6:35 Yoga (Missy)	