



# Decatur County Family YMCA Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		7:00 am - 8:00 am Yoga				
8:00		8:15 am - 9:15 am Power Hour		8:15 am - 9:15 am Power Hour		
9:00	8:30 am - 9:30 am Yoga 9:45 am - 10:15 am Yoga Sprouts	9:30 am - 10:30 am Silver Sneakers Classic	9:00 am - 9:45 am Pound Rockout Workout		9:00 am - 10:00 am Yoga	9:00 am - 10:00 am Mix Class
10:00			10:15 am - 11:00 am Silver Sneakers Yoga Stretch	10:30 am - 11:30 am PiYo & More	10:30 am - 11:30 am Silver Sneakers Classic	
11:00	10:30 am - 11:30 am Enhance@Fitness					
12:00	12:15 pm - 1:00 pm Pilates w/ Props		12:15 pm - 1:00 pm Pilates w/ Props		12:15 pm - 1:00 pm Pilates w/ Props	
1:00						
3:00	3:00 pm - 3:30 pm Little Dragons 3:30 pm - 4:25 pm Tae Kwon Do Group A		3:00 pm - 3:30 pm Little Dragons 3:30 pm - 4:25 pm Tae Kwon Do Group A			
4:00		4:15 pm - 5:15 pm Pilate Fusion		4:15 pm - 5:15 pm Pilate Fusion		
5:00	4:30 pm - 5:25 pm Tae Kwon Do Group B		4:30 pm - 5:25 pm Tae Kwon Do Group B			
	5:30 pm - 6:30 pm PiYo & More	5:30 pm - 6:15 pm Pound Rockout Workout		5:30 pm - 6:25 pm Kick Boxing Class		
6:00		5:30 pm - 6:30 pm Yoga	6:00 pm - 7:00 pm Zumba			
7:00	6:30 pm - 7:30 pm Power Hour	6:30 pm - 7:15 pm Cardio Blast		6:30 pm - 7:30 pm Power Core & Cardio		

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Class Descriptions:

**Silver Sneakers Yoga Stretch:** The class is primarily for active, older adults practicing gentle stretching, yoga, and modified yoga. A chair is used for some poses, such as balance and seated poses, while some work is done standing. All poses and exercises can be modified to each individual's fitness needs.

**Yoga:** Yoga will help you discover how the mind and body unite in a harmony of movement and coordination. Mental focus, while concentrating on breathing, will improve tension and stress, and strengthen the lungs. Benefits: smooth and efficient muscles; flexibility; joint function; weight loss; improved circulation; relief from insomnia, headaches, and backaches; improved balance, posture, asthma, and concentration, and more. (fees are for one class per week)

**Yoga Sprouts:** Ages 1-3 yrs. Our youth yoga will help your children build a confident mind, body and spirit. Your child will learn the basics of yoga while benefiting from its many qualities including emotional independence and spatial awareness, muscle toning, flexibility and mental focus. The kids will have fun in an environment created just for them to explore, learn and grow.

**Pilates Fusion:** A series of mat exercises that infuses Pilates and yoga together to strengthen and tone all of the muscles within our body, while lengthening our spine and concentrating on abdominal, pelvic floor, and low back conditioning. A variety of Pilate equipment will be used. Pilates and yoga are great compliments to other forms of exercise and will dramatically enhance sport performance. You can register for a Tuesday class, a Thursday class, or both.

**PiYo & More:** Class combines Yoga poses with Pilate mat exercises to build core, strength, enhance agility and balance. PiYo is a faster-paced workout than Gentle Yoga, moderately challenging similar to Vinyasa (flow-style) yoga. Instructor incorporates a bar into the workout for added strength and balance exercises.

**Pilates with Props:** challenge your core and stability while strengthening and toning in this faster paced class. Expect to "feel the burn" utilizing weighted stability balls, Bosu Balls, foam rollers, small weighted pilate balls and resistance bands targeting different muscle groups. You will leave feeling energized, stronger and stretched out!

**Cardio Blast:** Get your heart pumping with this creative, challenging workout that will improve cardiovascular fitness and muscle tone.

**Kick Boxing Class:** An amazing aerobic experience, utilizing martial arts based kickboxing techniques to increase muscular strength, cardiovascular conditioning, and balance. No prior martial arts experience necessary.

**Pound Rockout Workout:** Channel your inner Rockstar with this full body Cardio-Jam Session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to the music, you become the music in this exhilarating, full-body workout that combines cardio conditioning, and strength training with yoga and pilates-inspired movements.

**Power Core & Cardio:** It's time to start toning up and this class will help you do just that. Our newest Power Core & Cardio class mixes cardio with core moves to burn calories while toning your abs!

**Power Hour:** Get a full hour of intense strength and toning using a variety of equipment that will give your metabolism the boost you need.

**Enhance@Fitness:** Enhance@Fitness is a 4 month evidence based exercise program geared toward older adults of all fitness levels. Some people will be standing, some will be seated - and some will use the chairs to hold onto for support. In each Enhance@Fitness class, you'll get: • 5-minute warm-up • 20 minutes of movement to lively music • 5-minute cool-down • 20 minutes of strength training with soft weights • 10 minutes of stretching to help you stay limber • Exercises that will help improve your balance • Fitness checks at the beginning and end of each 4 months. This is a FREE class!

**Mix Class:** A high/low class that focuses on strength and toning by putting the core at the center of each workout.

**Silver Sneakers Classic:** For any fitness level, designed to increase muscular strength, endurance, and range of movement, and to improve activities for daily living (ADL). Use resistance bands, weights, and a chair. Meets the Surgeon General's recommendation for "frequent exercise."

**Tree City Martial Arts Tae Kwon Do:** Ages: 7 years and up. Come learn Tae Kwon Do with Matt Boersma! Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance. To give students more one on one instruction, there will be two different group offerings. Group A will meet 3:30 pm - 4:25 pm and Group B will be meet 4:30 pm - 5:25 pm.

**Tae Kwon Do: Little Dragons:** Ages: 3-6. An introduction to Tae Kwon Do. Students will learn important life skills, while developing confidence and discipline and self control. Beginning drills and forms will be taught to prepare students for the next level in Martial Art.

**Zumba®:** The Zumba® program fuses easy-to-follow moves dancing to Latin and International music such as the Merengue, Salsa, Cha Cha, Cumbia, Swing, Rock & Roll, Belly Dance, Flamenco, Tango, Indian, and Calypso, with the goal of improving cardiovascular health, burning calories, and having fun. All fitness levels welcome. Early registration discount does not apply.