



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Decatur County Family YMCA Group Fitness Schedule

	Sunday	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				9:00 am - 10:00 am Yoga	9:00 am - 10:00 am Mix Class
10:00			9:30 am - 10:30 am Silver Sneakers Classic	10:15 am - 11:00 am Silver Sneakers Yoga Stretch			10:00 am - 11:00 am BODYPUMP™
11:00		10:30 am - 11:30 am Enhance@Fitness				10:30 am - 11:30 am Silver Sneakers Classic	
12:00		12:15 pm - 1:00 pm Pilates w/ Props		12:15 pm - 1:00 pm Pilates w/ Props			
1:00							
3:00							
4:00	2:45 pm - 4:45 pm Youth and Adult Tae- Kwon-Do		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		4:30 pm - 5:25 pm Tae-Kwon-Do			
		5:30 pm - 6:30 pm BODYPUMP™			5:30 pm - 6:30 pm BODYPUMP™		
6:00			5:30 pm - 6:30 pm Yoga			4:30 pm - 7:00 pm Youth and Adult Tae- Kwon-Do	
7:00		6:30 pm - 7:30 pm Power Hour	6:30 pm - 7:15 pm Cardio Blast	6:00 pm - 7:00 pm Zumba	6:30 pm - 7:30 pm Power Core & Cardio		
7:45		7:45 pm - 8:45 pm Adult Tae-Kwon-Do	7:45 pm - 8:45 pm Self Defense Class				

Class Descriptions:

<p>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.</p>	<p>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)</p>	<p>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.</p>
<p>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!</p>	<p>BODYPUMPTM: is a barbell class based on THE REP EFFECTTM, a proven formula that exhausts muscles using light weights and high repetitions to sculpt, tone and strengthen the entire body. This is the time-tested secret to developing lean, athletic muscle. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music.</p>	<p>Cardio Blast: Get your heart pumping with this creative, challenging workout that will improve cardiovascular fitness and muscle tone.</p> <p>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.</p>
<p>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!</p>	<p>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!</p>	<p>Mix Class: A high/low class that focuses on strength and toning by putting the core at the center of each workout.</p>
<p>Adult Tae-Kwon-Do: Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Learn Tae-Kwon-Do drills, forms, sparring, and self-defense to improve your balance, strength, and speed, while also learning discipline, focus and self-control. Work toward your black belt through Chung-Do-Kwon Tae-Kwon-Do Alliance.</p>	<p>Self Defense Class: Learn and practice a number of martial-arts techniques for self-defense. We will also look into awareness, assertiveness, and de-escalation tactics. Techniques will come from Tae-Kwon-Do, Hapkido, Jujitsu, and others. Course will also include some stretching and light cardio warm up activities.</p>	<p>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."</p>

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.

Youth and Adult Tae-Kwon-Do: Youth and Adults are welcome to join Tae-Kwon-Do and gain confidence in a positive and enriching environment. Classes will offer a belt ranking system.

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.