GROUP EXERCISE SCHEDULE
DECATUR COUNTY FAMILY YMCA

JANUARY 2024

Exercising three (3) times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.
Class schedules are subject to change without notice. Please stay up-to-date with us via Facebook & on the web at **decaturcountyfamilyymca.org**

MON

SIGN UPS REQUIRED
CHILD WATCH: M-F
8:30 am - 2:30 pm,
3:30 pm -7:30 pm

8:30 am –9:30am
GENTLE YOGA
Nancy

9:45 am –10:15am
Cardio Drum
Dawn

12:15 pm –1:00 pm
CORE Express
Deena

3:30 pm – 4:00 pm
Little Dragons
Matt ($$)

4:30 pm - 5:25 pm
Tree City Martial Arts
Tae– Kwon– Do
Matt ($$)

4:30 pm - 5:30 pm
TRX Circuit
Cycle Studio- Deena

5:40 pm - 6:40 pm
LesMills BODYPUMP
Denise

TUE

SIGN UPS REQUIRED
CHILD WATCH: M-F
8:30 am - 2:30 pm,
3:30 pm -7:30 pm

8:15 am –9:15am
Power Hour
Shelley

9:15 am -10:45 am
Small Group Training
Deena (Wellness $$)

9:30 am –10:30 am
SILVERSNEAKERS®
CLASSIC
Dawn

1:00 pm –2:00 pm
Parkinson's Exercise
Program- $$
Dawn

5:00 pm –6:00 pm
Power Core & Cardio
Bridget

5:45 pm –6:30 pm
CYCLE w/ Caitlin
Caitlin

WED

SIGN UPS REQUIRED
CHILD WATCH: M-F
8:30 am - 2:30 pm,
3:30 pm -7:30 pm

9:30 am –10:00 am
SILVERSNEAKERS®
BOOM MOVE
Dawn

10:15am - 11:00 am
SILVERSNEAKERS®
YOGA STRETCH
Deena

12:15 pm –1:00 pm
CORE Express
Deena

3:30 pm – 4:00 pm
Little Dragons
Matt ($$)

NEW
4:15 pm –5:15 pm
ALL LEVELS YOGA
Marilyn

4:30 pm - 5:25 pm
Tree City Martial Arts
Tae– Kwon– Do
Matt ($$)

5:30 pm - 7:00 pm
Advanced Teen/Adult
Tae– Kwon– Do
Matt ($$)

5:30 pm –6:30 pm
ZUMBA
Lisa

THURS

SIGN UPS REQUIRED
CHILD WATCH: M-F
8:30 am - 2:30 pm,
3:30 pm -7:30 pm

8:15 am –9:15am
Power Hour
Shelley

9:15 am -10:45 am
Small Group Training
Deena (Wellness $$)

9:30 am –10:15am
SILVERSNEAKERS
Stability
Dawn
NEW

12:30 pm –1:30 pm
Power Core & Cardio
Bridget

4:30 pm –5:00 pm
HIIT Me Up
Bridget

5:40 pm - 6:40 pm
LesMills BODYPUMP
Denise

5:45 pm –6:30 pm
CYCLE w/ Caitlin
Caitlin

FRI

SIGN UPS REQUIRED
CHILD WATCH: M-F
8:30 am - 2:30 pm,
3:30 pm -7:30 pm

9:30 am -10:15 am
YOGA FUSION
Dawn
NEW

10:30 am -11:30 am
SILVERSNEAKERS®
CLASSIC
Deena

1:00 pm –2:00 pm
Parkinson's Exercise
Program- $$
Deena

1:30 pm—2:30 pm
YOGA
Becci

SAT

SIGN UPS REQUIRED
9:00 am - 5:00 pm*
*Ages 3-9

10:00 am - 11:00 am
LesMills BODYPUMP
Denise

CLASS COLOR CODE:

SPECIALTY YOUTH PROGRAM Paid Class $$

SPECIALTY PROGRAM Paid Class $$

REQUIRES CLASS PASS OR CLASS FEE

FREE CLASS FOR YM

One-time Class Fees:
$5 YM $15 PM

Unlimited Monthly Class Pass
$10 YM $60 PM

ADVANCED/ADULT TAE-KWON-DO:
In this class you will learn Tae-Kwon-Do. Come following the curriculum of Chung Do Kwan Tae Kwan Do Alliance (CTA). We will progress through the ranks. This class is reserved for those who are 16+ or has at least a 1st degree black belt. Must be 16 years old and have permission to sign up from the instructor.
Meets: Wednesdays, starting Jan 3rd 5:30 pm - 7:00 pm Fees: $35 YM $50 PM

BODYPUMP™:
BODYPUMP™ is a barbell class based on THE REP EFFECT™, 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.

CARDIO DRUM:
This class combines the benefits of a traditional cardio program with brain affected benefits of music and rhythm. It fosters a healthy balance physically, mentally, emotionally and socially! Guaranteed to be a fun time!

CORE EXPRESS:
Challenge your core and stability while strengthening and toning in this faster paced class. This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. You will leave feeling energized, stronger and stretched out!

CYCLE W/CAITLIN:
Let's ride together in this 45-minute Cycle class! Whether you're training for a triathlon, or riding for cardiovascular health, this class will help get you there. Spin off the energy from those around you and compete for fitness success! Meets: Tuesday and Thursdays 5:45 pm - 6:30 pm.

HIIT ME UP:
High Intensity Interval Training, or HIIT, is a type of workout that consists of **short periods of intense exercise that get your heart rate up quickly between intervals of less intense exercise or complete rest**. This class will not only get you a killer workout in only 30 minutes, but will smash those calories too!

PARKINSON'S EXERCISE CLASS:
This is an evidenced-based fitness program for people living with Parkinson's Disease. The program is designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of their symptoms.
Meets: Tuesdays and Fridays 1:00 pm - 2:00 pm Fees: $70 YM $140 PM

POWER CORE & CARDIO:
It's time to start toning up and this class will help you do just that. This class mixes 30 second cardio intervals with core moves to increase heart rate while helping 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.

SILVER SNEAKERS BOOM MOVE:
This Silver Sneakers program is a fun, dance-inspired workout. This class improves cardio fitness with easy-to-follow moves and energizing music.

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."

SILVER SNEAKERS STABILITY:
This class is a drills and skills class designed to improve balance, agility, mobility and power in an older adult. All functional movements require a working balance system from walking down the street, to dancing, to executing a squat.

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, while some poses are done standing. All poses and exercises can be modified to each individual's fitness needs.

SMALL GROUP PERSONAL TRAINING:
Workout with a Certified Personal Trainer and a group of individuals (between 4-8 people) with similar fitness goals to burn the most calories possible during the workout while toning, tightening the core, and building overall muscular strength and endurance. Weather permitting, workouts may be outside on fitness trail.
Meets: Tuesdays and Thursdays 9:15 am - 10:45 am in the Wellness Center Fees: $35 YM $55 PM

TAE-KWON-DO: LITTLE DRAGONS: Ages 3-6 yrs.
An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts
Meets: Mondays & Wednesdays 3:30 pm - 4:00 pm Fees: $20 YM $40 PM

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.
Meets: Mondays & Wednesdays 4:30 pm - 5:25 pm Fees: $35 YM $50 PM

TRX/KETTLEBELL CIRCUIT:
This high energy class will tone, build lean muscle and melt those unwanted calories away! We will power through multiple sets using the TRX suspension trainer, TRX Rip Cord, Medicine Balls, Kettlebells and Ladders both cardio and strength moves. All fitness levels welcome. Located in the Rowing/Cycling Room.

YOGA, GENTLE YOGA, ALL LEVELS 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.

YOGA FUSION:
Yoga fusion is **a trend that blends yoga poses with other fitness regimens, such as Pilates, strength training, dance, or even kickboxing**. Pairing yoga with other disciplines lets you burn more calories than yoga alone, while still getting the benefits of this ancient practice.

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.