



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE & SMALL GROUP TRAINING SCHEDULE

MORNING CLASSES / EFFECTIVE JUNE 5

MONDAYS			
5:20 AM	CARDIO	RPM™	RPM Studio
8:30 AM	STRENGTH	BODYPUMP™	Mini Gym
8:30 AM	CARDIO	BODYVIVE™ - 30 mins	Studio 1
9:00 AM	CORE	CX Worx™ - 30 mins	Studio 1
9:30 AM	COR / STR	TRX	LOFT
9:35 AM	CARDIO	Cardio Dance	Studio 1
9:45 AM	CARDIO	RPM™ - 30 mins	RPM Studio
9:45 AM	STR / CAR	GRIT™ - 30 mins	Mini Gym
10:30 AM	CARDIO	SENIOR CIRCUIT	LOFT
10:35 AM	STRENGTH	BODYPUMP™	Mini Gym
10:35 AM	FLEX	PiYo	Studio 1
11:45 AM	FLEX	YOGA	Studio 1

TUESDAYS			
5:20 AM	STRENGTH	BODYPUMP™	Mini Gym
8:30 AM	FLEX / CORE	PILATES	Studio 1
8:30 AM	CARDIO	RPM™	RPM Studio
8:30 AM	STR / CAR	GRIT	Studio 1
9:00AM	CORE	CX Worx™ - 30 mins	Mini Gym
9:35 AM	CARDIO	BODYSTEP™	Mini Gym
9:35 AM	CARDIO	ZUMBA	Studio 1
10:45 AM	FLEX	POWER YOGA	Studio 1
11:15 AM	CARDIO	SilverSneakers - Cardio	Mini Gym

WEDNESDAYS			
5:20 AM	CARDIO	RPM™ - 30 mins	RPM Studio
6:00 AM	CORE	CX Worx™ - 30 mins	Mini Gym
8:00 AM	STR / CAR	HIIT - 30 mins	Studio 1
8:00 AM	CAR / STR	CIRCUIT TRAINING	LOFT
8:30 AM	STRENGTH	BODYPUMP™	Mini Gym
8:30 AM	CARDIO	ZUMBA	Studio 1
9:30 AM	CARDIO	RPM™	RPM Studio
9:35 AM	FLEX	SilverSneakers - Yoga	Studio 1
9:35 AM	CARDIO	BODYSTEP™ - 30 mins	Mini Gym
10:05 AM	CORE	CX Worx™ - 30 mins	Mini Gym
11:45 AM	FLEX	YOGA	Studio 1
11:55 AM	STRENGTH	BODYPUMP™	Mini Gym

THURSDAYS			
5:20 AM	STRENGTH	BODYPUMP™	Mini Gym
7:30 AM	FLEX	SMALL GROUP PILATES	Studio 1
9:30 AM	CAR / STR	CIRCUIT TRAINING	LOFT
8:30 AM	CARDIO	BODYPUMP™ - 30 mins	Mini Gym
8:30 AM	COR / STR	TRX	LOFT
8:30 AM	CARDIO	RPM™	RPM Studio
9:05 AM	CORE	CX Worx™ - 30 mins	Mini Gym
9:35 AM	CARDIO	BODYCOMBAT™	Mini Gym
9:35 AM	CARDIO	ZUMBA	Studio 1
10:45 AM	FLEX	POWER YOGA	Studio 1
11:15 AM	CARDIO	SilverSneakers - Classic	Mini Gym

FRIDAYS			
8:00 AM	CORE	CX Worx™ - 30 mins	Mini Gym
8:35 AM	CARDIO	BODYSTEP™	Mini Gym
8:30 AM	C / C / S	BODYVIVE™	Studio 1
9:30 AM	FLE / STR	BARRE	LOFT
9:30 AM	CARDIO	RPM™	RPM Studio
9:35 AM	STRENGTH	BODYPUMP™	Mini Gym
9:35 AM	CARDIO	Cardio Dance	Studio 1
10:35 AM	FLE / CORE	PiYo	Studio 1
10:35 AM	CORE	CX Worx™ - 30 mins	Mini Gym
11:15 AM	CARDIO	SilverSneakers - Cardio	Mini Gym

SATURDAYS			
8:00 AM	STR / CAR	GRIT	Studio 1
8:30 AM	STRENGTH	BODYPUMP™	Mini Gym
8:30 AM	STR / CAR	HIIT	Studio 1
9:35 AM	CARDIO	BODYCOMBAT™	Studio 1
9:35 AM	CARDIO	RPM™	RPM Studio
9:35 AM	CARDIO	BODYSTEP™ - 45 mins	Mini Gym
10:25 AM	CORE	CX Worx™ - 30 mins	Mini Gym

LES MILLS





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GROUP EXERCISE & SMALL GROUP TRAINING SCHEDULE

EVENING CLASSES / EFFECTIVE JUNE 1

MONDAYS

2:00 PM	FLEX	SilverSneakers - YOGA	Mini Gym
5:30 PM	STR / CAR	HIIT - 30 mins	Mini Gym
5:30 PM	CORE	CX Worx™ - 30 mins	Studio 1
6:00 PM	CARDIO	BODYCOMBAT™ - 30 mins	Mini Gym
6:00 PM	CARDIO	BODYSTEP™ - 45 mins	Studio 1
6:00 PM	CARDIO	RPM™	RPM Studio
6:45 PM	STRENGTH	BODYPUMP™	Mini Gym

TUESDAYS

5:30 PM	STRENGTH	BODYPUMP™	Mini Gym
5:30 PM	CARDIO	Karate	Studio 1
6:35 PM	CARDIO	ZUMBA	Mini Gym
6:30 PM	COR / STR	TRX - 40 mins	LOFT

WEDNESDAYS

2:00 PM	CARDIO	SilverSneakers - Cardio	Mini Gym
5:00 PM	STRENGTH	BEAST BOOTCAMP - FREE	Sports Fields
5:30 PM	CARDIO	BODYVIVE™ - 30 mins	Studio 1
6:00 PM	CARDIO	BODYVCOMBAT™ - 45 mins	Mini Gym
6:05 PM	FLE / CORE	PiYo	Studio 1
7:00 PM	STRENGTH	BODYPUMP™	Mini Gym

THURSDAYS

5:30 PM	STRENGTH	BODYPUMP™	Mini Gym
6:35 PM	STR / CAR	HIIT	Mini Gym
7:05 PM	CARDIO	ZUMBA	Mini Gym
5:30 PM	CARDIO	Karate	Studio 1

SUNDAYS

2:00 PM	COR / STR	TRX - 40 mins	LOFT
3:00 PM	FLE / STR	BARRE	Studio 1

SCHEDULE LEGEND

- 40 mins 40 minute duration class
- 30 mins 30 minute duration class
- FLE / STR Flexibility and Strength class
- STR / CAR Strength and Cardio class
- C / C / S Cardio, Core and Strength Class

**BEAST BOOTCAMP IS FREE FOR MEMBERS AT
BOLES SPORTS FIELD ON MAYS ST.**

Small Group Training classes are in RED.
Please stop by the front desk for pricing information.

GROUP EXERCISE AND SMALL GROUP TRAINING POLICIES

- Detailed class descriptions are available online at ymcagwc.org or at the front desk lobby area along with detailed LesMills Program flyers.
- For safety reasons no child under the age of 14 is allowed in the Group Fitness classes at any time unless attending a designated "family class".
- Children ages 14 and 15 may participate in Group Fitness classes only if accompanied by a supervising adult (18 and over).
- Children ages 16 and over may participate in any Group Fitness class unsupervised as long as their behavior warrants that privilege.
- For safety issues, late entry is not allowed into Bodypump or RPM/Sprint at any time for any reason.
- Dumbells are not allowed under any circumstances to be used in any Bodypump classes due to the design of the workout.
- Unless otherwise noted, our classes are suitable for all fitness levels. Instructors will show options and modifications to meet your needs.
- Cell phones are discouraged in all Group Fitness. All cell phones must be on silent for your safety as well as not to disturb those taking class.
- Smart Start Handouts are available in the Group fitness studios and at the front desk area to assist you in beginning your Group Fitness journey.

SMARTSTART

SIX WEEK WORKOUT SCHEDULE

WEEK	CARDIO	STRENGTH	CORE/ FLEXIBILITY
1	1 x 20 mins	1 x 20 mins	1 x 10 mins
2	2 x 20 mins	1 x 30 mins	1 x 20 mins
3	2 x 30 mins	1 x 30 mins 1 x 20 mins	1 x 25 mins
4	2 x 35 mins 1 x 20 mins	1 x 60 mins	1 x 40 mins
5	2 x 50 mins 1 x 20 mins	1 x 60 mins 1 x 20 mins	1 x 60 mins
6	2 x 60 mins 1 x 30 mins	1 x 60 mins 1 x 40 mins	1 x 60 mins

SEE THE SMARTSTART FLYER FOR MORE INFORMATION.