



**GREATER MARINETTE-MENOMINEE Y GROUP EXERCISE revised 11.17.2021**

**Effective 11.18.2021 ALL PARTICIPANTS MUST CHECK IN AT THE FRONT DESK.** Classes may be cancelled or changed please call 906-863-9983, check our Y app, or website [www.mmymca.org](http://www.mmymca.org) for most current and full listing of programs & services. Shaded classes include a fee. \* **marked classes require registration.** Registered classes are also open to General Public to register. Drop-ins are available. Please see reverse side for class descriptions. Find us on facebook and instagram. **Check out our LesMills Virtual Class schedule & Y360!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*5:00-5:45am <b>BODYPUMP™</b> Anne/Melissa Y-Outback	*5:00-5:45am Group Cycle Melissa/Jessie/Pam Cycle Studio	*5:15-5:45am <b>CORE™</b> Jenni/Mel Y-Outback	*5:15-5:45am <b>LesMills SPRINT™</b> Diane/Mel Cycle Studio	*5:00-5:45am Group Cycle Diane Cycle Studio	*6:30-7:00am <b>LesMills SPRINT™</b> Diane Cycle Studio
	6:00-6:45am FitYoga Phoebe Y-Outback	*6:00-6:30am <b>GRIT™</b> Michell Y-Outback	6:00-6:45am FitYoga Jessie Ca Y-Outback	*5:15-5:45am <b>GRIT™</b> Melissa/Kandace Y-Outback	7:00-8:00am <b>BODYCOMBAT™</b> Jaime-Gym
7:15-8:00am Tone It Up Heidi- Y-Outback		8:15-8:45am YWalk Terri H.- Gymnasium	8:15-9:00am WaterWorks (Shallow) Pam- Pool	8:15-8:45am Ywalk - Val Gymnasium	*7:15-8:15am <b>BODYPUMP™</b> Jenni Y-Outback
8:15-8:45am Ywalk - Val Gymnasium	8:15-9:00am WaterWorks (Shallow) Pam- Pool		*8:30-9:15am Cyclelates Heidi- Cycle/Studio 4		8:00-8:45am <b>ZUMBA®</b> Rotation Gymnasium
8:15-9:00am Water Warriors Terri - Pool	8:30-9:30am <b>ZUMBA®</b> Cindy-Gymnasium	8:15-9:00am WaterWarriors Terri -Pool	8:30-9:30am <b>ZUMBA®</b> Cindy-Gymnasium	8:15-9:00am WaterWarriors Terri - Pool	
*8:20-8:50am <b>LesMills SPRINT™</b> Steve- Cycle Studio	*8:30-9:30am <b>BODYPUMP™</b> Steve- Y-Outback				
*9:00-9:30am <b>CORE™</b> Steve- Y-Outback		8:45-9:30am Silver Sneakers Gretchen Outback	*8:30-9:30am <b>BODYPUMP™</b> Lori- Y-Outback	*8:30-9:15am Group Cycle Jenni -Cycle Studio	*8:25-8:55am <b>CORE™</b> Melissa-Y Outback
9:45-10:45am SilverSneakers® Classic Gretchen-Y Outback	11-11:45am Movement Class offsite Stephenson town hall- Debbie	9:45-10:30am Pilates Heidi Y-Outback	11-11:45am Movement Class offsite Stephenson town hall- Debbie	8:30-9:30am Yoga Brigitte Y-Outback	*9:15-9:45am <b>LesMills SPRINT™</b> Melissa Cycle Studio
	*12:10-12:40pm <b>GRIT™</b> Nicole- Y-Outback			9:45-10:45am SilverSneakers® Classic Debbie-Y-Outback	
		4:15-5:15pm <b>BODYCOMBAT™</b> Jamie- Gymnasium		*11:15-11:45am <b>GRIT™</b> Nicole-Y-Outback	
*5:00-5:45pm Group Cycle Michell Cycle Studio	4:15-5:15pm <b>ZUMBA/</b> Zumba Toning® Jamie - Gymnasium				<b>SUNDAY</b>
5:25-5:55pm Les Mills Barre™ Ashley- Outback starts 1/3/22					*7:30-8:00am-Virtual option GRIT STRENGTH™ Y-Outback
5:30-6:30pm Mixed Interval- Debbie Stephenson town hall	*5:25-6:25pm <b>BODYPUMP™</b> Diane Y-Outback	5:30-6:30pm Mixed Interval- Debbie Stephenson town hall	*5:25-6:10pm <b>BODYPUMP™</b> Keith -Y-Outback		*8:10-8:40am <b>LesMills SPRINT™</b> Michell-Cycle Studio
*6:00-6:30pm <b>LesMills SPRINT™</b> Jenni- Cycle Studio	*6:30-7:00pm <b>CORE™</b> Diane- Y-Outback	5:30-6:30pm Yoga Julie- Y-Outback			*8:50-9:20am <b>CORE™</b> Alicen- Y-Outback
		* 6:45-7:15pm <b>GRIT™</b> Melissa - Y-Outback			

## LAND GROUP EXERCISE

revised 10.13.20

**20-20-20, 15-15-15:** Each class will follow the same format but duration will vary. 20, 15 or 10 minutes of high intensity cardio & just when you've had enough we'll switch gears to 20/15 minutes of total body strengthening & ends with some awesome core (abs & lower back) training. Class will use a variety of equipment to vary the workout often: weights, resistance tubing, medicine balls, body weight & steps.

**BODYCOMBAT™:** A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. BODYCOMBAT is available as either a 55 or 45 minute workout.

**\*BODYPUMP™:** This 30, 45 or 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for fast.

**Cardio Fusion:** Keep your feet moving and your heart pumping. Class combines high & low impact aerobics along with resistance training.

**CXWorx™:** A 30 min personal training inspired core class that's been formulated with carefully structured scientific approach & unforgiving intensity. Designed to tighten & tone the abs, glutes, back, oblique's and "slings".

**Cyclelates:** You'll start with 20-25 min of cycling followed by a transition to Pilates mat work. Pilates strengthens the core of your body, lengthen muscles and relieve stress. Excellent way to increase cardiovascular endurance, muscular endurance, improve flexibility, and encompass the spirit, mind and body.

**FitYoga:** Blends balance, strength, flexibility, and power in a fitness format.

**\*Group Cycling:** 30 or 45 minute class in our cycling room. Cycling classes utilize Stages Flight™ a web-based data analysis tool, with big screen display, its functions include dynamic FTP testing, custom intensity rides, GPS rides, and competition modes. Video integration and instructor cueing top off the experience for a true power-based indoor cycling solution. Increase your cardiovascular endurance & burn mega calories! Beginners are recommended to try a 30 min class but resistance & intensity is individual in any class.

**LES MILLS BARRE™:** is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE™ is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

**Movement:** Simple warm up with some standing or sitting weight work and band work. The whole class could be done sitting, but most stand and sit as they work out.

**Pilates:** Pilates works on creating balance in the human structure through purposeful movement, body awareness, and focused breathing. Pilates will strengthen the "powerhouse" or core of the body.

**SilverSneakers® Circuit:** This workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

**SilverSneakers® Classic:** Great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace. Benefits: This class improves overall strength, flexibility, posture and balance.

**Step Interval:** Classes are 3 or 4 minutes of different step configurations mixed in with 1-2 minutes of weight work and then repeated with different step moves and different muscle work with weights mostly, I occasionally use bands. Those step/weight segments total about 25 minutes. 15 minutes are used up with ab work and the last 10-15 minutes are stretches.

**Tone it Up:** This class is designed to increase strength and tone by using weights, tubing, your body weight and the step bench for a full body workout.

**Yoga:** Open your body using movement with breath. Increase coordination, concentration, and body awareness while calming your mind and reducing stress.

Improve range of movement in your shoulders, spine, hips, and legs while strengthening your muscles. Challenge yourself at your level (modifications provided) and leave feeling more balanced, on the mat and off.

### **HIIT YOGA:**

Combination of **Yoga** and **HIIT** (High Intensity Interval Training) that brings about more cardio-intensive bursts of energy with yoga-inspired moves to stretch, lengthen and calm the body.

**YWalk:** A 30 minute, total body conditioning indoor walking class on a wooden floor, no complicated steps with occasional intervals. All ages and abilities welcome!

**Zumba®:** Combines music with unique moves that are fun and easy to do. Ditch the workout, and join the party!

## WATER GROUP EXERCISE

**WATER WARRIORS:** High Intensity training in the water at its best. Class combines utilizing both the shallow & deep end. High energy & great music makes time speed by. Class finishes with muscle lengthening poses & balance. Great cross-training class for those that primarily do land training.

**WaterWorks:** Shallow water cardio class with a moderate intensity may include shallow kickboxing moves along with use of gloves, barbells, noodles and balls. Includes warm up, cardio workout, muscle conditioning & cool down.

**Arthritis Exercise:** This class is designed for anyone with arthritis, fibromyalgia or other joint problems. It is a series of exercise designed to help relieve pain