



GREATER MARINETTE-MENOMINEE Y GROUP FITNESS revised 1.1.2022

Effective 1.2.2022 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 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 BODYPUMP™ Anne/Melissa Y-Outback	*5:00-5:45am Group Cycle Melissa/Jessie/Pam Cycle Studio	*5:15-5:45am CORE™ Jenni/Mel Y-Outback	*5:15-5:45am LesMills SPRINT™ Diane/Mel Cycle Studio	*5:00-5:45am Group Cycle Diane Cycle Studio	*6:30-7:00am LesMills SPRINT™ Diane Cycle Studio
	6:00-6:45am FitYoga Phoebe Y-Outback	*6:00-6:30am GRIT™ Michell Y-Outback	6:00-6:45am FitYoga Jessie Ca Y-Outback	*5:15-5:45am GRIT™ Melissa/Kandace Y-Outback	7:00-8:00am BODYCOMBAT™ 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 BODYPUMP™ Jenni Y-Outback
8:15-8:45am Ywalk - Val Gymnasium	8:15-9:00am WaterWorks (Shallow)		*8:30-9:15am Cyclelates Heidi- Cycle/Studio 4		8:00-8:45am ZUMBA® Rotation Gymnasium
8:15-9:00am Water Warriors Terri - Pool	8:30-9:30am ZUMBA® Cindy-Gymnasium	8:15-9:00am WaterWarriors Terri -Pool	8:30-9:30am ZUMBA® Cindy-Gymnasium	8:15-9:00am WaterWarriors Terri - Pool	
*8:20-8:50am LesMills SPRINT™ Steve- Cycle Studio	*8:30-9:30am BODYPUMP™ Steve- Y-Outback				
*9:00-9:30am CORE™ Steve- Y-Outback		8:45-9:30am Silver Sneakers Gretchen Outback	*8:30-9:30am BODYPUMP™ Lori- Y-Outback	*8:30-9:15am Group Cycle Jenni -Cycle Studio	*8:25-8:55am CORE™ 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 LesMills SPRINT™ Melissa Cycle Studio
	*12:10-12:40pm GRIT™ Nicole- Y-Outback			9:45-10:45am SilverSneakers® Classic Debbie-Y-Outback	*6:20-7:00am ReVO2lution run class Jenni- LSC starts 2/5/22
*5:00-5:45pm Group Cycle Michell Cycle Studio		4:15-5:15pm BODYCOMBAT™ Jamie- off-site Garfield school		*11:15-11:45am GRIT™ Nicole-Y-Outback	
*5:15-6:00pm BODYPUMP™ Lori/Keith Y-Outback starts 1/10/22	4:15-5:15pm ZUMBA/ Zumba Toning® Jamie - Garfield	*4:15-5:15pm BODYPUMP™ Alicen Y-Outback	*4:15-4:55pm ReVO2lution running class Jenni- LSC		SUNDAY
5:25-5:55pm Les Mills Barre™ Ashley- studio 4 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 BODYPUMP™ Diane Y-Outback	5:30-6:30pm Mixed Interval- Debbie Stephenson town hall	*5:25-6:10pm BODYPUMP™ Keith -Y-Outback		*8:10-8:40am LesMills SPRINT™ Michell-Cycle Studio
6:00-6:45pm Aqua- shallow Julie- pool	*6:30-7:00pm CORE™ Diane- Y-Outback	5:30-6:30pm Yoga Julie- Y-Outback			*8:50-9:20am CORE™ Alicen- Y-Outback
*6:00-6:30pm LesMills SPRINT™ Jenni- Cycle Studio		* 6:45-7:15pm GRIT™ Melissa - Y-Outback			

LAND GROUP EXERCISE

revised 1.5.22

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.

CORE™: 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.

ReVo2lution Running: Physiological factors that influence running fitness and performance through Specific workouts to target metabolic energy systems using a treadmill. 40 min class.

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.

Aqua Exercise: If you can do it on land, you can do it in the water. This 45 minute shallow aqua class is designed for everyone...swimmers and non-swimmers alike. Choose from a Low/Moderate or High Intensity water aerobics followed up with toning and abdominal work.

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 & stiffness. It also helps to improve joint flexibility.