

PARTNERSHIP+

ONE MEMBERSHIP | THREE STATE-OF-THE ART FACILITIES | 45 & BETTER



LAND GROUP FITNESS SCHEDULE SPRING 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10 AM LES MILLS BODYPUMP YMCA	5:10 AM CYCLING YMCA	5:10 AM LES MILLS BODYPUMP YMCA	5:10 AM LES MILLS CXWORX YMCA	5:10 AM TABATA CIRCUIT YMCA	
7:45 AM INDOOR CYCLING Grand Arbor			5:10 AM CYCLING YMCA		
			6:30 AM INDOOR CYCLING Grand Arbor		7:10 AM LES MILLS BODYPUMP YMCA
8:15 AM BARRE YMCA	8:15 AM LES MILLS BODYPUMP YMCA	8:15 AM STRONG BY ZUMBA YMCA	8:15 AM LES MILLS BODYPUMP YMCA	8:15 AM HIIT (35 MIN.) YMCA	8:15 AM ZUMBA (1 st Sat.) YMCA
			8:30 AM PILATES Grand Arbor		
8:45 AM CYCLING YMCA	8:30 AM PILATES Grand Arbor	8:45 AM CYCLING YMCA	9:15 AM ZUMBA YMCA	8:45 AM CYCLING YMCA	8:15 AM FLEXIBILITY (2 nd , 3 rd & 4 th Sat.) YMCA
9:15 AM LES MILLS BODYFLOW YMCA	9:15 AM ZUMBA YMCA	9:15 AM GENTLE YOGA YMCA	9:15 AM LES MILLS BODYFLOW YMCA	9:15 AM GENTLE YOGA YMCA	9:15 AM CYCLING YMCA
9:15 AM ACTIVE AGING Grand Arbor	9:30 AM BALANCE Grand Arbor	9:15 AM ACTIVE AGING Grand Arbor	9:30 AM BALANCE Grand Arbor	9:15 AM ACTIVE AGING Grand Arbor	
10:15 AM GENTLE YOGA YMCA	10:15 AM STAY FIT YMCA	9:45 AM ROLLGA (20 MIN.) YMCA	10:15 AM STAY FIT YMCA	10:15 AM BARRE YMCA	Classes are subject to change. Please check the weekly schedule for substitutes & variations.
10:30 AM CARDIO CIRCUIT Grand Arbor	11:15 AM ARTHRITIS EX YMCA	10:30 AM CARDIO CIRCUIT Grand Arbor	11:15 AM ARTHRITIS EX YMCA	10:30 AM CLASSIC Grand Arbor	
		12:15 PM ZUMBA YMCA			ONLY members 45+ may participate in classes via Knute Nelson at Grand Arbor and the Alexandria Area YMCA.
12:15 PM BOOTCAMP YMCA	12:15 PM HIIT (30 Min.) YMCA	12:15 PM CYCLING (35 Min.) YMCA	12:15 PM CORE FUSION YMCA	12:15 PM LES MILLS BODYPUMP YMCA	
4:00 PM CYCLE FUSION Grand Arbor		3:00 PM WORKING WITH WEIGHTS Grand Arbor			
4:30 PM BARRE YMCA					
5:15 PM LES MILLS BODYPUMP YMCA	5:15 PM LES MILLS BODYFLOW YMCA	5:15 PM LES MILLS BODYPUMP YMCA	5:15 PM BARRE YMCA		
5:15 PM CYCLING YMCA	5:30 PM ZUMBA YMCA	5:15 PM CYCLING YMCA	5:30 PM ZUMBA YMCA		
6:15 PM YOGA YMCA		6:15 PM YOGA YMCA			

Nelson Wellness Center at Grand Arbor
4403 Pioneer Road SE

Alexandria Area YMCA
110 Karl Drive

Nelson Wellness Center at Nelson Gables
1220 Nokomis Street

YMCA LAND CLASS DESCRIPTIONS:

LES MILLS™ BODYPUMP™: The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

LES MILLS™ BODYFLOW®: During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centered.

LES MILLS™ CXWORX®: Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, glute and lower back exercises.

STRONG by Zumba®: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

BARRE: Barre classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Your class will incorporate light handheld weights to bring the burn during all those reps, as well as mats for targeted core work.

CORE FUSION: A high energy mix of cardio and core strength work. Workouts will vary using different pieces of equipment and bodyweight exercises to maximize your workout, while working on core stability.

TABATA CIRCUIT: A high intensity class that uses a variety of equipment and stations while using timed intervals.

BOOTCAMP: This intermediate/advanced class utilizes challenging segments of cardiovascular work, muscle conditioning, and other athletic drills in station format to ensure a complete total body workout.

HIIT: High Intensity Interval Training is a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

CYCLING: Group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout.

STAY FIT: A moderate intensity class with exercises designed to increase muscular strength, range of motion, heart health and activities for daily living.

ARTHRITIS EXERCISE: This class is designed specifically for people with arthritis and related diseases. The program's multiple components help reduce pain and stiffness, and help maintain or improve mobility, muscle strength and functional ability. Individuals from basic to advanced capabilities will benefit from this program.

YOGA: Yoga will take you through a series of poses that combine flexibility, strength, power, and balance. This class provides an excellent and complete flexibility and toning workout.

GENTLE YOGA: A low intensity class that will help improve flexibility, strength and balance.

ROLLGA: The Rollga foam roller is ideal for muscle recovery, fascial health, and functional restoration of movement. This groovy foam roller is designed and contoured to fit your body and reach Trigger & Acupressure points that are difficult to reach with an ordinary roller.

ZUMBA®: High-intensity moves for an interval-style, calorie-burning dance fitness party.

GRAND ARBOR LAND CLASS DESCRIPTIONS:

ACTIVE AGING: This class is designed for individuals who are physically independent and can move throughout the classroom without an assistive device. This class helps to improve functional upper and lower body strength, weight-bearing endurance, strength for balance and gait mobility.

BALANCE: This class focuses on strength and flexibility for balance. Participants must be able to move around the classroom without an assistive device.

CARDIO CIRCUIT: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a massage ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching, and relaxation exercises.

CLASSIC: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

CYCLE FUSION: This class combines indoor cycling with strength intervals mixed in for the ultimate workout.

INDOOR CYCLING: This high-intensity class will improve your cardiovascular fitness and challenge your heart rate like no other class. Pedal through hill climbs, sprints, and many other cycling drills. Remember to bring a towel and water bottle!

PILATES: Develop core strength and flexibility with a series of slow and controlled movements. Pilates allows you to challenge your mind, body and spirit while using Breath, Coordination, Balance and Concentration.

WORKING WITH WEIGHTS: This class introduces the fundamental skills of weight training for personal fitness. We will work large and small muscles groups with focus on abdominal, bicep, triceps, back, quadriceps and hamstrings.