



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

MIAMI COUNTY YMCA, PERU IN

PHONE: (765) 472-1979

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 UPDATES & CANCELLATIONS

# Group Exercise Schedule

April 28<sup>th</sup> – June 1<sup>st</sup>, 2024

## Monday

| Time              | Class                  | Location |
|-------------------|------------------------|----------|
| <b>AM Classes</b> |                        |          |
| 5:30-6:15         | Group Cycling          | A        |
| 8:00-9:00         | Aquacise               | P        |
| 9:00-10:00        | Bodyworks              | B        |
| 10:00-11:00       | Yoga                   | A        |
| 10:15-11:00       | SilverSneakers Classic | B        |

## PM Classes

|           |                       |   |
|-----------|-----------------------|---|
| 5:00-6:00 | Modern Line Dance-MLD | B |
| 5:00-6:00 | Pilates               | A |
| 6:00-7:00 | Water Aerobics        | P |
| 6:15-7:00 | Cardio Sculpt         | B |

## Tuesday

| Time              | Class               | Location |
|-------------------|---------------------|----------|
| <b>AM Classes</b> |                     |          |
| 8:00-8:45         | Group Cycling       | A        |
| 8:00-9:00         | Aquacise            | P        |
| 9:00-10:00        | Step Aerobics       | A        |
| 10:15-11:00       | SilverSneakers Yoga | B        |

## PM Classes

|           |                    |   |
|-----------|--------------------|---|
| 5:00-5:30 | HIIT-Step          | A |
| 5:45-6:30 | Zumba Toning       | A |
| 6:15-7:15 | Pumped Up Strength | B |
| 6:45-7:30 | Dance Fitness      | A |

## Wednesday

| Time              | Class                  | Location |
|-------------------|------------------------|----------|
| <b>AM Classes</b> |                        |          |
| 5:30-6:15         | Group Cycling          | A        |
| 9:00-10:00        | Bodyworks              | B        |
| 9:00-9:45         | Group Cycling          | A        |
| 10:00-11:00       | Yoga                   | A        |
| 10:15-11:00       | SilverSneakers Classic | B        |

## PM Classes

|           |                |   |
|-----------|----------------|---|
| 5:30-6:00 | **HIIT-Step    | A |
| 6:00-7:00 | Water Aerobics | P |
| 6:15-7:00 | Cardio Sculpt  | B |
| 7:15-8:00 | Barre          | B |

## Thursday

| Time              | Class                 | Location |
|-------------------|-----------------------|----------|
| <b>AM Classes</b> |                       |          |
| 8:00-8:45         | Group Cycling         | A        |
| 8:00-9:00         | Aquacise              | P        |
| 10:15-11:00       | SilverSneakers Yoga   | B        |
| 11:15-12:15       | Modern Line Dance-MLD | A        |

## PM Classes

|           |                       |   |
|-----------|-----------------------|---|
| 5:00-6:00 | Modern Line Dance-MLD | B |
| 6:00-6:30 | Advanced MLD          | B |
| 5:45-6:30 | Zumba Toning          | A |
| 6:45-7:30 | Dance Fitness         | B |

## Friday

| Time              | Class               | Location |
|-------------------|---------------------|----------|
| <b>AM Classes</b> |                     |          |
| 5:30-6:15         | Group Cycling       | A        |
| 9:00-10:00        | Pilates             | B        |
| 10:15-11:00       | ***Low Impact Dance | B        |
| 11:00-11:30       | Abs/Core Class      | A        |

## PM Classes

|           |                           |   |
|-----------|---------------------------|---|
| 5:15-6:00 | Dance Fitness with Toning | B |
|-----------|---------------------------|---|

## Saturday

| Time              | Class                 | Location |
|-------------------|-----------------------|----------|
| <b>AM Classes</b> |                       |          |
| 9:00-10:00        | *Barre                | B        |
| 9:30-10:30        | Water Aerobics        | P        |
| 10:15-11:15       | Modern Line Dance-MLD | B        |
| 11:15-11:45       | Advanced MLD          | B        |

**No Classes from May 25<sup>th</sup>  
through May 27<sup>th</sup>**

**\*Saturday, May 11<sup>th</sup> Barre will  
be subbed with HIIT-Step**

**\*\*Wednesday, May 15<sup>th</sup> NO  
HIIT-Step**

**\*\*\*Friday, May 24<sup>th</sup> No Low  
Impact Dance Fitness**

### CHILD WATCH HOURS

**Monday-Friday:**

**8 am to Noon & 4 pm to 8 pm**

**Saturday:**

**9 am to 12 pm**

### Location Key

**A – Group Exercise Studio A**

**B – Group Exercise Studio B**

**P - Pool**

## Group Exercise Class Descriptions

**Abs/Core Class**- This class will strengthen your core muscles, including your abdominal, back, and the muscles around the pelvis. This includes twisting, crunches, and planks, among other core exercises.

**Aquacise**- is a low-impact pool workout designed to elevate your heart rate, increase flexibility, and build muscle.

**Barre** - mixes Pilates, dance, yoga, and functional training elements to sculpt, slim, and stretch the entire body.

**Bodyworks** - is a workout for your whole body! The first half of class is a cardio workout which includes a mix of kickboxing, dance, or jogging, and the second half of the class is dedicated to toning using hand weights, resistance bands, stability balls, rings, and Pilates.

**Cardio Sculpt** - is a fun, calorie-blasting fitness class that combines aerobic exercise with muscle sculpting exercises utilizing hand weights.

**Dance Fitness** - allows you to dance your heart out to popular songs while getting an aerobic workout.

**Group Cycling** - builds endurance and trains leg muscles to be strong while being kinder to knees and ankles due to minimal weight bearing. These classes are taught on stationary bikes but simulate outdoor riding, including sprinting, hill climbing, and other techniques.

**HIIT/Step** –a 30-minute **class with** dynamic and intense **aerobic step exercises** that combine the benefits of **high-intensity interval training (HIIT)** with step movements and a mix of weight and body weight.

**.Low Impact Dance Fitness** – allows you to dance your heart out to popular songs while getting an aerobic workout that is a gentle way to get exercise benefits without placing too much stress on muscles, tendons, and joints.

**Modern Line Dance** -is a step-by-step instruction of dances done in unison and then set to music. Taught in the tradition of country western line dance but using a variety of music genres. Perfect exercise for working on coordination, and balance, and for increasing brain memory.

**Pilates** - is a class that will lead you through a series of nonimpact exercises that will develop strength, flexibility, balance, and inner awareness. Emphasis is put on developing a strong core and control of the body.

**Pumped Up Strength** - dynamically integrates your upper and lower body for a workout that combines strength and cardio, revs your metabolism, and trains your body in a whole new way! If you enjoy lifting weights, then this class is for you!

**SilverSneakers Classic** - is a low-impact class that leads you through a variety of exercises designed to increase muscle strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated exercises and standing support.

**SilverSneakers Yoga** - is a low-impact class that leads you through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Step Aerobics** - is a moderate-impact class that involves stepping up and down on an adjustable height platform. Developed by Gin Mille, she started rehabbing her knee after surgery by stepping up and down the steps on her front porch. Intensity is controlled by adjusting the height of the step (the platform is 4" and each riser adds 2") as well as the amount of arm movements.

**Water Aerobics**- low-impact aerobics in the water for cardiovascular health with the use of various water weights for strength training.

**Yoga** – focuses on breath control, meditation, and deep stretching to improve overall health and relaxation.

**Zumba® with Toning** - combines the fun of a normal Zumba® class and adds total body strength training throughout the class by incorporating hand weights.