



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS SCHEDULE

ARMBRUST FAMILY YMCA

Fall I Session • Sept 5 - Oct 23 • 896-4200

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30am Body Pump Teri	5:30-6:30am Step Barb	5:30-6:30am Body Pump Mary	5:30-6:30am Step Barb	5:30-6:30am Power Pilates Sculpt Mary	7:30-8:30am Ultimate Combo Pam
8:00-8:50am Chair Pilates Mary Sue	8:00-8:45am Senior Cardio/Strength Kathy	8:00-8:50am Chair Pilates Mary Sue	8:00-8:45am Senior Cardio/Strength Kathy	8:00-8:55am Chair Pilates Mary Sue	
9:25-10:25am Step Sharilyn	9:15-10:15am Body Pump Shelly C.	9:25-10:25am Step Sharilyn	9:15-10:15am Body Pump Jen	9:30-10:15am Zumba Janelle	8:35-9:35am Body Pump Sara
Classes with consistent low attendance may be removed from the schedule.					9:45-10:45am BodyCombat Melissa O.
10:30-11:15am Fab Abs Dennis	10:20-11:20am Body Vive Kathy	10:30-11:15am Fab Abs Dennis	10:20-11:20am Body Vive Kathy	10:20-11:20am BodyCombat Chanda	
11:20-12:20pm Body Pump Shelly C.		11:20-12:20pm Body Pump Donna			
	4:25-5:25pm Body Combat Chanda / Tuvao		4:25-5:25pm Body Pump Chanda	4:30-5:30pm Body Pump Pam	
5:45-6:15pm Fab Abs Sara	5:30-6:15pm Zumba Michelle	5:45-6:15pm Fab Abs Sara	5:30-6:15pm Zumba Michelle		
6:20-7:20pm Body Pump Sara	6:20-7:05pm Body Vive Michelle / Shelli	6:20-7:20pm Body Pump Sara	6:20-7:05pm Body Vive Michelle / Shelli		
7:25-8:25pm Body Combat Sarah	7:10-8:10pm Body Pump Michelle	7:25-8:25pm Body Combat Chanda / Tuvao	7:10-8:10pm Body Pump Michelle		

SUNDAY

YOGA / PILATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:15am Yoga Renee / ComRmA			5:30-6:15am Yoga Renee / ComRmA	
10:30-11:15am Yoga Mike / Spin Rm	9:15-10:05am Pilates Kelli / Spin Rm	10:30-11:15am Yoga Mike / Spin Rm	9:15-10:05am Yoga Kelli / Spin Rm	5:30-6:30am Power Pilates Sculpt Mary / AerobicsRM	4:00-5:00pm * Yoga Renee / ComRmA
6:15-7:00pm Yoga for Strength Shelly R./ComRmA		7:15-8:15pm Yoga Renee / ComRmA		10:20-11:00am Pilates Sheri / Spin Rm	* Sunday class starts on 9/12

SUNDAY



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GROUP CYCLING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:15am Group Cycle Mary	5:30-6:15am Group Cycle Donna	5:30-6:15am Group Cycle Kayleen	5:30-6:15am Group Cycle Kayleen	7:15-8:00am Group Cycle Mary
9:15-10:00am Group Cycle Kelli		9:15-10:00am Group Cycle Macy		9:15-10:15am Group Cycle Kelli	9:00-9:45am Group Cycle Kierstin
	10:20-11:05am Group Cycle Kelli		10:20-11:05am Group Cycle Macy		
4:30-5:15pm Group Cycle Macy		4:30-5:15pm Group Cycle Kelli		4:30-5:15pm Group Cycle Juline	
5:45-6:30pm Group Cycle Mike	5:30-6:15pm Group Cycle Juline				

Armbrust Family YMCA Group Fitness Class Description

BodyCombat

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

Body Pump

It's time to get pumped! This group exercise class is for all ages and fitness levels. An athletic based workout using barbells with adjustable weights to work every major muscle group. All fitness levels.

Body Vive

A low-impact group fitness workout that lets you choose how hard you work, using balls, tubes, and optional hand weights. Perfect class for those looking to get back into fitness!

Body Sculpting

Develop muscular strength and endurance, and increase your flexibility using a combination of weights, tubing and bands to develop your forgotten muscles. All fitness levels.

Chair Pilates

this class is a routine of strengthening and stretching that will focus on building strong abdominals. You will work your arms and legs using stability balls and resistance bands. Feel strong and streamlined without leaving your chair! Beginning fitness levels.

Cycle Circuit

A group cycling class with strength exercises mixed in to add a little variety. *Advanced sign-up is recommended at the member service desk.*

Fabulous Abs!

A gut-blasting, muscular workout for the abdominals that will benefit the lower back as well. All fitness levels.

Group Cycling

Group Cycling is an aerobic/anaerobic workout on a stationary bike designed for all ages and fitness levels. *Advanced sign-up is recommended at the member service desk.*

Pilates

pilates works on the body's core, the center of power. Exercises in class focus on concentration, breathing, centering, precision, flowing movements, isolation and routine.

Step

a great aerobic workout that is perfect for both men and women who want to challenge themselves with an intense workout. Using a variety of moves on the Reebok step, plan to burn calories, have fun and step to great music.

Yoga

inspiring, energizing, and calming. learn the ancient practice of Yoga. Breathing and relaxation exercise techniques form a complete mind body workout. All fitness levels. Beginners welcome.

Zumba

a blend of hypnotic Latin rhythms and easy to follow moves to create a dynamic, fun-filled workout class.

Senior Cardio/Strength Sweat to the oldies. 20 minutes of low-impact cardio followed by strength toning using light hand weight and bands.