<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>7:10am</td>
<td></td>
<td>BodyPump 45 minutes (Michele)</td>
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<tr>
<td>8:00am</td>
<td></td>
<td>Cycle (Cynthia)</td>
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<td>Cycling (Cynthia)</td>
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<tr>
<td>8:30am</td>
<td></td>
<td></td>
<td>Cycling (Michele)</td>
<td>PiYo (Cynthia live at Y (outdoor Cycle area &amp; Allison virtual on Facebook)</td>
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<tr>
<td>9:00am</td>
<td></td>
<td>Zumba (Mae @ the Y and Lindsay on Zoom)</td>
<td>Cycling (Michele)</td>
<td></td>
<td></td>
<td>Yoga with Ester (outdoor Cycle area)</td>
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<tr>
<td>10:00am</td>
<td></td>
<td>Strength &amp; Balance (Sally- shaded outdoor Cycle area)</td>
<td>Strength &amp; Balance (Sally- shaded outdoor Cycle area)</td>
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<tr>
<td>11:00am</td>
<td>BodyCombat (Karin @ Skatepark)</td>
<td>BodyPump (Cynthia) (Skatepark)</td>
<td>Zumba (Lindsay)</td>
<td>BodyPump (Jamilia)</td>
<td>BodyPump (Cynthia)</td>
<td></td>
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<tr>
<td>5:30pm</td>
<td>Cycling (Jamilia)</td>
<td>Cycling (Jada)</td>
<td>Cycling (Jamilia)</td>
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</table>

Sept 2020  Skinny Start Sept 14-19. Reserve your spot from our website www.smvymca.org Members must wear a mask or face shield at all times at the YMCA, including during class. Space is limited. Contact Julie with questions on classes or reservations! jcruse@smvymca.org
Fitness Class Descriptions

Yoga: Designed to increase flexibility, strength and balance while improving posture, coordination and focus.

Yin Yoga: Relax and restore deeply in Yin yoga. Yin is a powerful practice for healing connective tissue in the body, promoting the body's natural ability to self-repair and re-balance. Find joy in yin practice that involves accessing deeper layers of fascia which is the key to greater harmony.

Cycling: The latest in cross training, cycling is an instructor-led program and is appropriate for beginners as well as avid bicyclists. It's a high energy class with great music and motivating instructors riding a varied mixture of flats, hills & sprints while burning calories all the way! Strength & Cycle: Cycling combined with strength training for a complete exhilarating workout.

BODYCOMBAT™: is a high-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Thai, Capoeira and Kung Fu. *Express Format: 30 min

BODYPUMP™: is the original barbell class that strengthens your entire body and challenges all your major muscle groups by incorporating weight-room exercises like squats, presses, lifts and curls. *Express Format: 30 minutes - Warm up, Squats, Chest, & Back.

CXWORX™: Challenging core workout for all fitness levels. Workout includes resistance bands, weight plates, and body weight exercises. 30 min

GRIT™: LES MILLS GRIT™ Series features 4 unique workouts (Strength, Cardio, Plyo & Athletic) featuring High Intensity Interval Training designed for ultimate results in minimum time. 30 Minute Class. Not a beginner class.

BODYFLOW™: LES MILLS BODYFLOW is a motivating blend of new yoga that features elements of tai chi and Pilates. It is designed to build strength, improve flexibility and leave you feeling calm and serene.

PiYo Live: Musically driven, full-body high-intensity, low-impact workout using the stretch and strength influences of pilates and yoga. Modifications offered.

Step: High intensity, low impact movements performed on a step platform for aerobic conditioning.

Cardio Fusion & Abs: Working with weights, tabatas, and core work. Appropriate for all fitness levels; modifications shown.

Strong by Zumba: A high intensity interval training (HIIT) workout using more traditional fitness moves for a more athletic conditioning style workout! Using your own body weight, you will gain muscular endurance, tone and experience an increased after burn.

Total Body Conditioning: This class incorporates strength & cardio segments using equipment such as dumbbells, resistant bands, Swiss ball, a mat, and your own body weight for a total body workout.

Y-30: 30 minute full-body workout with various exercises using weights, bodyweight, balls, and bands. Appropriate for all fitness levels; modifications shown.

Zumba: Latin-inspired dance fitness class. Zumba is fun, different, easy and effective.

Cardio/Muscle/Mind: The movements and choreography are simple but the intensity will be low to moderate. It includes cardio, strength, abs, balance, and stretching. This class is perfect for all ages and fitness levels.

Latin Beat Workout: A fun upbeat workout with a Latin flair for all ages and fitness levels.

Strength & Balance: Strengthen your muscles and maintain stability with core and balance exercises created to enhance your quality of life.

Kid Friendly Classes *KF= Kids Friendly: all workouts labeled KF welcome children ages 8-11 to workout with their parent/guardian with respect to the other adult. Youth Certified children (12-17) may attend all classes without a guardian. (Must wear wristband indicating YC or not)

Beginner/Active Older Adult Classes

Cardio/Strength Specialty Classes