



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Hogan Family YMCA

## Group Exercise Schedule November 2017

www.ymcahuntsville.org 256.705.9622

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aerobics Studio Classes</b>						
5:30 am <b>Power Hour</b> Kim	5:30 am <b>Power Yoga</b> Jane	5:30 am <b>S.W.E.A.T.</b> Kim	5:30 am <b>Power Yoga</b> Jane	5:30am <b>Body Pump</b> Katharina	*1 ½ hr class **20 min class ***45 min class	
7:25 am <b>Yoga</b> Cathy	7:25 am <b>Body Pump</b> Katharina	7:25 am <b>Yoga</b> Cathy	7:25 am <b>Body Pump</b> Katharina	7:25 am <b>PiYo</b> Jane R.		
8:30 am <b>S.W.E.A.T.</b> Kelly	8:30 am <b>Yoga Strength</b> Kelly	8:30 am <b>Step/Double Step</b> Kelly	8:30 am <b>Yoga Strength</b> Kelly	8:30 am <b>Power Sculpt</b> Kelly		
9:15 am <b>Walk &amp; Tone</b> (Indoor Track) Holly	9:30 am <b>Cardio Fit</b> Courtney (Gym)	9:15 am <b>Walk &amp; Tone</b> (Indoor Track) Cynthia		9:15 am <b>Walk &amp; Tone</b> Linda (Indoor Track)	9:45 am <b>Body Pump</b> Rotates	12:30 pm* <b>Gentle Yoga</b> Cynthia
9:35 am <b>Body Pump</b> Jan	9:35 am <b>Basic Sculpt</b> Linda (Comm. Room)	9:35 am <b>Body Pump</b> Jan	9:35 am <b>Basic Step</b> Kelly/Courtney	9:35 am <b>Cardio Fit</b> Courtney	11:00 am <b>Zumba</b> Rotates (Comm. Room)	2:00 pm <b>Zumba</b> Rotates
9:30 am <b>Pilates (Gym)</b> Shawna	9:35 am <b>Body Barre</b> Cathy	9:30 am <b>Pilates (Gym)</b> Jennifer M.	10:40 am <b>PiYo</b> Jane R.	9:30 am <b>Pilates (Gym)</b> Jennifer M.	11:00 am <b>Yoga</b> Rotates	3:00 pm <b>Body Barre</b> Rotates
11am <b>Yoga Basics</b> Jennifer	10:40am <b>Zumba</b> Felisha (Gym)	10:40 am <b>PiYo</b> Jennifer T.	10:40 am <b>Zumba</b> Crystal	12 pm <b>Body Barre</b> Tara	10:40 am <b>Zumba (Gym)</b> Jessica	12:00 pm <b>Body Barre</b> Felisha
12:15 pm <b>Body Barre</b> Tara	12:00 pm <b>Body Barre</b> Tara	12:00 pm <b>Body Barre</b> Tara	4:30 pm <b>Power Hour</b> Julie	10:40 am <b>Body Pump</b> Jan	1:00 pm <b>Turbo Kick</b> Holly	
4:30 pm <b>Zumba Toning</b> Crystal	5:00 pm ** <b>Total Core</b> Courtney	4:30 pm <b>Body Pump</b> Bruce	5:35 pm ** <b>Total Core</b> Julie	11:45am ** <b>Total Core</b> Jan	2:00 pm <b>Pound</b> Rotates	
5:35 pm <b>Kickboxing</b> Keil	5:30 pm <b>Straight Step</b> Courtney	5:35 pm <b>PiYo</b> Jennifer T.	6:00 pm <b>Body Barre</b> Tara	4:00 pm*** <b>S.W.E.A.T.</b> Stephanie	<b>Kids Classes</b>  Kid's Zumba 11/11 @ 11am	
6:00 pm <b>Zumba</b> Jessica (Comm. Room)	7:00 pm <b>Yoga</b> Misti	6:00 pm <b>Zumba</b> Sherry (Comm. Room)	7:00 pm <b>Yoga</b> Jane			
6:45 pm <b>Body Pump</b> Patti	8:00 pm <b>Zumba</b> Ivelisse *No Child Watch Available	6:45 pm <b>Body Pump</b> Patti	8:00 pm <b>Zumba</b> Crystal *No Child Watch Available			
<b>Spinning</b>						
5:15 am Tim	5:15 am Sara	5:15 am Dee	5:15 am Sara	5:15 am Dee		
8:30 am Nancy		8:30 am Nancy		8:30 am Nancy	8:30 am Nicky	
	9:30 am Jennifer T.		9:30 am Tom			1:30 pm Mary
12:00 pm*** <b>Spin Express</b> Jennifer T.		12:00 pm*** <b>Spin Express</b> Jennifer T.		12:00 pm*** <b>Spin Express</b> Jennifer T.		
5:30 pm Nicky		5:30 pm Mary			All Spin participants are asked to arrive 15 minutes prior to class starting to allow for bike setup.	
	6:00 pm Tom		6:00 pm Mary	6:00 pm Rotates		
<b>Aquatics</b>						
8:00am <b>Water Aerobic</b> Holley	8:00 am <b>Water Aerobic</b> Cynthia	8:00 am <b>Water Aerobic</b> Cynthia	8:00 am <b>Water Aerobic</b> Holley	8:00 am <b>Water Aerobic</b> Shari	8:00 am <b>Water Aerobic</b> Shari	
	9:30 am*** <b>Boga</b> Tara		9:30 am*** <b>Boga</b> Tara			
	1:00 pm <b>Water Aerobic</b> Laura		1:00 pm <b>Water Aerobic</b> Cynthia	8:00 pm*** <b>Boga</b> Tara		5:00 pm*** <b>Boga</b> Tara

**Basic Sculpt:** New to strength training? This is the class for you. The basics will be covered from technique to breathing. Learn about the power of strength training in this easy to follow class.

**Basic Step:** A fun and energizing step class using Basic step patterns. All fitness levels welcome.

**Body Barre:** Barre classes are for all levels of students and are not dance classes. The ballet barre is used for stability while working through pilates based exercises. Movements are typically small and easy on the joints. Taking barre classes will increase strength and flexibility. The classes are set to upbeat music and are challenging, fun and fresh.

**Body Pump:** This 60 minute workout challenges all 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 want!

**Cardiofit:** A variety of aerobic activities in this one hour class. Options include step, kickboxing, floor aerobics, circuit options, sport specific drills. This class is guaranteed to increase your heart rate and provide a little something for everyone.

**Double Step:** Using two height adjustable platforms, fun choreography will move you on, over and around the steps for a great cardiovascular workout. Step experience is recommended.

**Gentle Yoga:** This slower-paced class incorporates deep breathing exercises, classic yoga postures, and deep relaxation. This class is 1.5 hours long.

**Kickboxing:** Kicks, punches, jabs and abs are all elements of this fast-paced class. Get ready for a cardio challenge!

**Pilates:** A great way to work on your core strength, your overall muscle tone, and flexibility. This non-impact class is great for overall body conditioning.

**Piyo:** A fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch! The class is a little different each time, but always a great workout

**Power Hour:** This class has something for everyone. Cardio, strength training, sports specific drills, plyometrics, and core work—you're guaranteed a great workout.

**Power Sculpt:** A great way to achieve the definition and muscle tone that you want! Using a variety of equipment, sculpting and toning exercises will be performed.

**Power Yoga:** Combines classic yoga with fluidity & strength, this intermediate class will increase flexibility and tone muscles.

**Spin:** Indoor cycling at its best! The instructor will lead you, but you control your resistance and your pace. Water and a towel are strongly recommended for this class. Those new to spin should arrive 15 minutes early. Members must have a ticket to enter Spin classes. Tickets are passed out at the front desk 1 hour before start time. One Member, 1 ticket!

**Step/Straight Step:** Using a height adjustable platform, fun choreography will move you on, over and around the step for a great cardiovascular workout. All fitness levels welcome.

**Strong by Zumba:** A new and very different program by the creators of Zumba. Dance moves make room for burpees, push-ups and high knees. Perfect for fitness enthusiasts looking for a more challenging, high intensity interval training workout

**S.W.E.A.T:** A HIIT (Hi intensity interval training) class offering strength, weights, endurance, Tabata and Athletic Training. Get your heart pumping and get ready to SWEAT in this one-hour class! All fitness levels welcome.

**Total Core:** Combining new abdominal and back exercises, this 20 minute class will reshape and strengthen your core. A great bonus before or after your workout!

**Turbo Kick:** Combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll do hard-hitting combos and choreographed dance moves while torching fat and carving lean muscle in the most empowering class you've ever taken!

**Walk & Tone:** Combining walking with strength and resistance exercises this class is perfect for health seekers who are new to exercise. This class meets upstairs on the indoor track.

**Water Aerobics:** The water is your resistance in this class. A great low-impact way to get your heart rate up and work on building muscle, water aerobics is a great way to add variety to your workout.

**Yoga:** Yoga is a great way to improve muscle tone, increase flexibility, and reduce stress. Don't be fooled, yoga is a great workout too!

**Yoga Basics:** This class incorporates classic Yoga postures & breathing with a focus on technique and form.

**Yoga Strength:** Challenging your body is the goal in this yoga class. Strength and balance poses will be the focus. You will be putting your body to the test.

**Zumba:** The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin Flavor and international zest into the mix and you've got Zumba!

**Zumba Kids:** This is the ultimate dance-fitness party for young Zumba fans ages 4-11, featuring age-appropriate music and moves that get the kids movin' to the beat.

# November Instructor Rotation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 6-7p <b>Spin</b> Tim	4 9:45-10:45a <b>Body Pump</b> No Classes 11a-12p <b>Yoga</b> No Classes 11a-12p <b>Zumba</b> No Classes 2-3p <b>Pound</b> No Classes
5 2-3p <b>Zumba</b> No Classes 3-4p <b>Barre</b> No Classes	6	7	8	9	10 6-7p <b>Spin</b> Nicky	11 9:45-10:45a <b>Body Pump</b> Keil 11a-12p <b>Yoga</b> Keil 11a-12p <b>Zumba</b> Denise 2-3p <b>Pound</b> Katharina
12 2-3p <b>Zumba</b> Crystal 3-4p <b>Barre</b> Crystal	13	14	15	16	17 6-7p <b>Spin</b> Tim	18 9:45-10:45a <b>Body Pump</b> Patti 11a-12p <b>Yoga</b> Jane 11a-12p <b>Zumba</b> Felisha 2-3p <b>Pound</b> Nicky
19 2-3p <b>Zumba</b> Denise 3-4p <b>Barre</b> Stephanie	20	21	22	23	24 6-7p <b>Spin</b> Nicky	25 9:45-10:45a <b>Body Pump</b> Katharina 11a-12p <b>Yoga</b> Marie 11a-12p <b>Zumba</b> No class 2-3p <b>Pound</b> Lynelle
26 2-3p <b>Zumba</b> Crystal 3-4p <b>Barre</b> Crystal	27	28	29	30		