



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**GRANT COUNTY FAMIL YMCA**  
**PHONE: (765) 664-0544**  
**VISIT WWW.GCYMCA.ORG**  
**FOR UPDATES & CANCELLATIONS**

# GROUP EXERCISE SCHEDULE

## WINTER I

### JANUARY 5<sup>TH</sup> – MARCH 1<sup>ST</sup>

#### MONDAY

Time	Class	Location
6:00-7:00 AM	YOGA	B
6:00-7:00 AM	POWER CYCLE	A
9:00-10:00 AM	ACTIVE OLDER ADULTS	G
10:00-11:00 AM	ADULTS HIIT	B
1:00-2:30 PM	STEADY&STRONG**	B
5:30-6:30 PM	YOGA	B
6:00-6:45 PM	SPIN	A
7:00-8:00 PM	Y-FIT	3 q B

#### TUESDAY

Time	Class	Location
8:00-8:50 AM	YIN-YOGA	B
6:00-7:00 PM	TAI CHI	B
7:15-8:00 PM	MUSCLE PUMP	B

#### WEDNESDAY

Time	Class	Location
6:00-7:00 AM	YOGA	B
6:00-7:00 AM	POWER CYCLE	A
9:00-10:00 AM	ACTIVE OLDER ADULTS	G
10:00-11:00 AM	HIIT	B
1:00-2:30 PM	STEADY&STRONG**	B
5:30-6:30 PM	YOGA	B
6:00-6:45 PM	SPIN	A
7:00-8:00 PM	Y-FIT	B

#### THURSDAY

Time	Class	Location
8:00-8:50 AM	YIN-YOGA	B
5:45-6:45 PM	DANCE CARDIO	B
5:45-6:45 PM	BOOTCAMP	F
7:15-8:00 PM	MUSCLE PUMP	B

#### FRIDAY

Time	Class	Location
6:00-7:00 AM	YOGA	B
6:00-7:00 AM	POWER CYCLE	A
9:00-10:00 AM	ACTIVE OLDER ADULTS	G

#### SATURDAY

Time	Class	Location
7:45-8:45 AM	CYCLE FIT	A
8:15-9:30 AM	MUSCLE - PUMP	B
9:45-10:30 AM	YOGA BEGIN	B

#### POP UP CLASSES:

KIDS YOGA 5:45-6:45PM  
JANUARY 9<sup>TH</sup> & 30<sup>TH</sup>  
FEBRUARY 6<sup>TH</sup> & 27<sup>TH</sup>

#### LOCATION KEY:

A- GROUP EXERCISE STUDIO A  
B- GROUP EXERCISE STUDIO B  
F- FUNCTIONAL WELLNESS FLOOR

#### CLASSES MARKED WITH \*\*

PLEASE ASK THE FRONT DESK

## GROUP EXERCISE CLASS DESCRIPTION

**BALANCE-** Balance training involves doing exercise that strengthens the muscles that help keep you upright. These kinds of exercises can improve stability and help prevent falls. This program is run by IWU's physical therapy program

**BOOTCAMP-** Is a group fitness class that includes cardio, Hiit, weights, and intervals. This class will take place in the functional corner of the wellness area.

**CYCLE FIT-** Join a Saturday Morning Spin class with an upbeat spin to training.

**DANCE CARDIO-** Combine dance with cardio to get a fun upbeat workout!

**HIIT –** This class is a mixture of Kickfit, Step, Weights, and High Intensity Circuit Training. They meet on Monday and Wednesday Mornings.

**LINE DANCING –** Join a fun and upbeat class in the gymnasium. You will learn old- and new-line dances that are perfect for parties/weddings.

**MUSCLE PUMP –** A barbell workout that incorporates all muscle groups. In this class you will work on endurance and strength!

**POWER CYCLE –** Power through a spin class that is geared toward pushing hills and resistance.

**SPIN-** This spin class incorporates some weightlifting on and off the bike! Join a fun class with a different spin on spinning.

**TAI CHI-** Involves a series of slow gentle movement and poses along with controlled breathing and a meditative state of mind. This class can help improve balance, flexibility, muscle strength, and overall health.

**Y-FIT –** Is a challenging circuit style class for all ages and fitness levels and its FUN!

**YIN YOGA –** Focuses on breath control, meditation and deep stretching in order to improve overall health and relaxation.

**YOGA BEGIN –** Is for anyone who would like to increase their flexibility and range of motion. Uses equipment such as foam rollers, exercise balls, and balancing blocks to relieve tension from and increase blood flow to muscle tissues.

**YOGA PM-** Is for anyone who would like to increase their flexibility and endurance. This yoga class stretches the muscles while also giving you a great workout.

**YOGA AM –** Relax in the mornings with a 6am yoga class. In this class you can get a deep stretch before starting your day.

