

# GROUP EXERCISE SCHEDULE- ASCENSION ST. VINCENT YMCA

## July 11-August 21, 2022

### Monday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	BODYATTACK™	B
5:15-6:15 AM	60	<b>*HOT SLOW FLOW YOGA</b>	HY
8:15-9:15 AM	60	<b>*HOT SLOW FLOW YOGA</b>	HY
8:30-9:15 AM	45	SH'BAM™	B
8:30-9:15 AM	45	<b>RPM™</b>	CYCLE
9:30-10:30 AM	60	*BODYPUMP™	B
9:30-10:45 AM	75	<b>*HOT POWER YOGA</b>	HY
10-10:45 AM	45	CHAIR YOGA	A
12-12:45 PM	45	BOXING FITNESS	BOXING
12-12:45 PM	45	<b>*HOT FLOW YOGA</b>	HY
12:15-12:45 PM	30	CORE™	B
4:30-5:15 PM	45	*BODYPUMP™	B
4:30-5:30 PM	60	<b>*HOT FLOW YOGA</b>	HY
5:30-6:25 PM	55	BOXING FITNESS	BOXING

### Wednesday

TIME	LENGTH	CLASS	STUDIO
5:10-6:10 AM	60	*BODYPUMP™	B
5:15-6:15 AM	60	<b>*HOT POWER YOGA</b>	HY
8:30-9:15 AM	45	SS CARDIO CIRCUIT	A
9-10 AM	60	BOXING FITNESS	BOXING
9:30-10:30 AM	60	*BODYPUMP™	B
9:30-10:45 AM	75	<b>*HOT POWER YOGA</b>	HY
10-10:45 AM	45	CHAIR YOGA	A
12-12:45 PM	45	<b>*HOT POWER YOGA</b>	HY
12:15-12:45PM	30	CORE™	B
4:30-5:15 PM	45	*BODYPUMP™	B
5:30-6:25 PM	55	BOXING FITNESS	BOXING
5:30-6:45 PM	75	<b>*HOT POWER YOGA</b>	HY

### Friday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	<b>RPM™</b>	CYCLE
5:10-5:55 AM	45	CORE™	B
5:15-6:15 AM	60	<b>*HOT FLOW YOGA</b>	HY
8:15-9:15 AM	60	<b>*HOT FLOW YOGA</b>	HY
8:30-9:15 AM	45	SS CARDIO CIRCUIT	A
9:30-10:30 AM	60	*BODYPUMP™	B
9:30-10:45 AM	75	<b>*HOT POWER YOGA</b>	HY
11-11:45 AM	45	SLOW FLOW YOGA	B
12-12:45 PM	45	<b>*HOT CHRIST-CENTERED YOGA</b>	HY
12:15-12:45 PM	30	*SHOCKWAVE	B

### Tuesday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	<b>RPM™</b>	CYCLE
5:15-6:15 AM	60	BOXING FITNESS	BOXING
6:05-6:35 AM	30	ATHLETIC STRETCH	B
8:30-9:30 AM	60	<b>*HOT FLOW YOGA</b>	HY
10-10:45 AM	45	SS CLASSIC	B
11:45-12:15 PM	30	<b>CYCLE</b>	CYCLE
12-1 PM	60	*BODYPUMP™	B
4:15-5:15 PM	60	ZUMBA®	B
5:30-6:30 PM	60	*BODYPUMP™	B
5:30-6:45 PM	75	<b>*HOT SLOW FLOW YOGA</b>	A

### Thursday

TIME	LENGTH	CLASS	STUDIO
5:15-6:15 AM	60	BOXING FITNESS	BOXING
8:30-9:30 AM	60	<b>*HOT SLOW FLOW YOGA</b>	HY
9:30-10 AM	30	BARRE™	A
10-10:30 AM	30	ATHLETIC STRETCH	A
10-10:45 AM	45	SS CLASSIC	B
11-11:30 AM	30	CHAIR YOGA	B
12-12:45 PM	45	*BODYPUMP™	B
12-12:45 PM	45	<b>RPM™</b>	CYCLE
4:30-5:15 PM	45	LINE DANCING	B
5:30-6:25 PM	55	BOXING FITNESS	BOXING
5:30-6:30 PM	60	*BODYPUMP™	B

### Saturday

TIME	LENGTH	CLASS	STUDIO
7-8 AM	60	*BODYPUMP™	B
7:15-8:15 AM	60	BOXING FITNESS	BOXING
8:15-9 AM	45	BODYCOMBAT™	B
8:30-9:30 AM	60	<b>*HOT POWER YOGA</b>	HY
9-9:45 AM	45	ZUMBA®	A
9:30-10:30 AM	60	<b>*AERIAL YOGA</b>	B
9:45-10:45 AM	60	<b>*HOT FLOW YOGA</b>	HY

### Sunday

TIME	LENGTH	CLASS	STUDIO
1-2 PM	60	<b>*AERIAL YOGA</b>	B
4-5 PM	60	<b>*HOT FLOW YOGA</b>	HY

### KEY:

AOA Recommendations

Reserve your spot in our Y Member app

\* For Ages 14 & Up

ACSM & CDC recommendations for healthy adults 18-65 yrs:

\*150 min of moderate-intensity aerobic activity every week.

\*Strength training 2 or more days a week.

Be sure you have downloaded our NEW YMCA of Southwestern Indiana Mobile app! (Available in the app store.) You can find group exercise schedules there as well as reserve your spot in RPM/Cycle & Yoga.

Classes do have a max capacity based on room size and social distancing guidelines. We recommend that you bring your own mat and towel for Group Exercise classes. You will be required to provide your own hand wraps and boxing gloves. This equipment is a requirement for class. Please arrive early if you are new to Boxing Class.



# LES MILLS

FOR A FITTER PLANET

**SMART START** is recommended for beginners. For all intermediate-advanced classes, consider a smart start for the first 4 songs or 20 minutes, and build up.

**\*Aerial Yoga:** All-Levels; this class combines yoga movements and anti-gravity movements. An accessible practice that can help you find proper alignment in your postures and safely create length through the spine. Some benefits of this class is increasing core and upper body strength, improved balance and focus, spinal decompression, and it is great for stress relief! It is normal for it to take several classes to become acquainted with the hammock and to condition your body. No jewelry allowed in Aerial Yoga and we recommend form-fitting clothing for comfort. This class is not recommended for expectant mothers.

**Athletic Stretch:** For all fitness levels; this class is designed to help all athletes (runners, cyclists, weight lifters, etc.) improve their flexibility, balance, joint mobility & breath awareness. Yoga props are used to release tight muscles and to assist in deepening the stretches.

**LM Barre™:** Beginner-Advanced; a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, this class is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

**LM BodyCombat™:** Intermediate-Advanced/High-Intensity; a high-energy, non-contact, martial arts inspired workout with no complex moves to master. You'll punch and kick your way to fitness, burning up to 740 calories along the way. You'll relieve stress, have a blast, and feel like a champ. Classes are offered in 45 or 55 minute workouts.

**\*LM BodyPump:** Intermediate-Advanced; for anyone looking to get lean, toned and fit- fast! This strength training class uses barbell and classic weights, like dumbbells to work all the major muscle groups. You will use lighter and do more reps, achieving lean instead of bulky muscles and by the end of class you feel challenged, yet accomplished. 30 and 45 minute express options are available for those of you short on time but not short on energy!

**Boxing Fitness:** Intermediate-Advanced; this class combines basic boxing fundamentals, plyometric exercises and HIIT that has both physical and mental benefits. You will build cardio endurance, burn calories, and gain self-confidence in this unique and challenging fitness class. First timers, please arrive 10-15 minutes early! You will be required to purchase your own equipment. Kids Boxing Fitness is for ages 6-12.

**LM Core:** Intermediate-Advanced; this 30 minute workout uses resistance tubes and weights to work every part of your core (upper and lower abs, obliques, and upper and lower back) as well as your butt and shoulders. This is a great complimentary class to any cardio program. Participants see and feel results in their mid-section just after a few classes! It's a challenging class, but instructors will provide options to decrease intensity.

**Cycle:** For all fitness levels; this class offers great cardio benefits with no impact on the joints. Your instructor will lead you on a ride through fast, flat roads, rolling hills, and long, slow climbs.

**\*LM RPM:** Beginner-Advanced; indoor cycling class, set to a rhythm of motivating music. Burn up to 620 calories a workout and get fit fast. You control your own resistance levels and sprint speed so you can build up your training level over time. 30, 45, and 60 minute options are available.

**LM Sh'Bam:** For all fitness levels; featuring simple but seriously hot dance moves, this is the perfect way to shape up and let out your inner star (even if you're dance challenged).

**SilverSneakers Classic & Cardio Circuit:** Beginner AOA; this low impact class is performed mostly from a seated position and alternates between low impact choreographed moves, balance, and strength work using resistance tubes and light dumbbells. Exercises are performed that mimic everyday movements and will help increase mobility and strength in the major joints and muscles. Cardio & balance exercises are performed from a standing position in the Cardio Circuit class making it Beginner-Intermediate AOA.

**\*ShockWave:** Intermediate-Advanced/High-Intensity; dubbed by the media as "the most efficient total-body workout in the world," ShockWave is extreme cross-training at it's best! This circuit challenge utilizes a specially designed WaterRower machine to provide short-burst, high-intensity, calorie-torching intervals along with functional strength and sculpting stations designed to target and chisel the legs, the core and the arms. You will find yourself working harder than you ever imagined because of the camaraderie, friendly team competition and motivation designed to push you to your max effort and provide extreme results. **For ages 14 and up.**

**\*Yoga:** For all fitness levels; All of our Yoga classes link movements and poses to breath, for exercise without chanting, meditation, or religious connotations. We recommend a medical release for expectant mothers or those with medical conditions for Hot Yoga (103) and Warm Yoga (85). All classes will offer modifications to either increase or decrease intensity. **\*Hot and Warm Yoga are for Y members ONLY.**

**Zumba:** For all fitness levels; the class that started the dance-fitness revolution and changed the way we look at a "workout" forever. It's fun, effective, and best of all, made for everyone!