

# GROUP EXERCISE SCHEDULE- DUNIGAN FAMILY YMCA

April 11-May 29, 2022

## Monday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	<b>RPM™</b>	CYCLE
5:10-5:55 AM	45	BODYCOMBAT™	C
8:30-9 AM	30	BODYATTACK™	C
8:30-9 AM	30	BARRE™	A
9-9:45 AM	45	SS CLASSIC	GYM
9:15-10 AM	45	<b>RPM™</b>	CYCLE
9:15-10 AM	45	POWER CARDIO	C
9:15-10:10 AM	55	ZUMBA®	A
10:15-10:45 AM	30	CORE™	C
10:15-11:10 AM	55	<b>FLOW YOGA</b>	YOGA
12-1 PM	60	*BODYPUMP™	C
4:30-5:25 PM	55	BODYATTACK™	C
5:30-6:15 PM	45	CORE™	C
5:30-6:15 PM	45	<b>RPM™</b>	CYCLE
5:45-6:40 PM	55	<b>GENTLE YOGA</b>	YOGA
5:45-6:40 PM	55	ZUMBA®	A

## Wednesday

TIME	LENGTH	CLASS	STUDIO
5:10-5:40 AM	30	<b>RPM™</b>	CYCLE
5:10-5:40 AM	30	BODYATTACK™	C
5:45-6:15 AM	30	CORE™	C
8:15-9:10 AM	55	BODYCOMBAT™	C
9-9:45 AM	45	SS CLASSIC	GYM
9-9:45 AM	45	<b>TRX®</b>	B
9:15-9:45 AM	30	<b>RPM™</b>	CYCLE
9:15-9:45 AM	30	CORE™	C
9:15-9:45 AM	30	PRESCHOOL YOGA (3-5)	ENRICH
10-10:45 AM	45	BODYSTEP™	C
10:15-11:10 AM	55	<b>FLOW YOGA</b>	YOGA
12-12:45 PM	45	*BODYPUMP™	C
4:30-5:15 PM	45	<b>TRX®</b>	B
5:30-6:25 PM	55	<b>FLOW YOGA</b>	YOGA
5:30-6:15 PM	45	BODYSTEP™	C
5:45-6:30 PM	45	<b>RPM™</b>	CYCLE
5:45-6:40 PM	55	ZUMBA®	A

## Friday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	BODYATTACK™	C
8:15-9 AM	45	<b>TRX®</b>	B
8:15-9 AM	45	CORE™	C
8:15-9 AM	45	<b>RPM™</b>	CYCLE
9-9:45 AM	45	SS CLASSIC	GYM
9:15-10 AM	45	BODYCOMBAT™	B
9:15-10 AM	45	SH'BAM™	A
9:15-10:10 AM	55	<b>FLOW YOGA</b>	YOGA
9:15-10:10 AM	55	BODYATTACK™	C
5:30-6:25 PM	55	ZUMBA®	C

## Tuesday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	*BODYPUMP™	C
8:30-9 AM	30	*SHOCKWAVE	C
9-9:30 AM	30	<b>RPM™</b>	CYCLE
9:15-10:10 AM	55	<b>*HOT POWER YOGA</b>	YOGA
9:15-10 AM	45	SH'BAM™	A
9:15-10:15 AM	60	*BODYPUMP™	C
11:15-12 PM	45	CHAIR YOGA	A
12-12:45 PM	45	<b>*WARM FLOW YOGA</b>	YOGA
12-12:45 PM	45	BODYCOMBAT™	C
4:15-5:10 PM	55	<b>*HOT FLOW YOGA</b>	YOGA
4:30-5:15 PM	45	BODYSTEP™	C
5:30-6 PM	30	GRIT™	C
5:30-6 PM	30	BARRE™	A
6:15-6:45 PM	30	SH'BAM™	A
6:15-7:15 PM	60	*BODYPUMP™	C

## Thursday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	*BODYPUMP™	C
5:15-6:10 AM	55	<b>*HOT FLOW YOGA</b>	YOGA
8:15-9 AM	45	BODYSTEP™	C
9-9:45 AM	30	<b>RPM™</b>	CYCLE
9:15-10:10 AM	55	<b>*WARM FLOW YOGA</b>	YOGA
9:15-10:15 AM	60	*BODYPUMP™	C
10:15-10:45 AM	30	WARM ATHLETIC STRETCH	YOGA
11:15-12 PM	45	CHAIR YOGA	A
12-12:30 PM	30	BODYATTACK™	C
12-12:45 PM	45	<b>*HOT FLOW YOGA</b>	YOGA
4:15-5:10 PM	55	<b>*HOT ATHLETIC POWER YOGA</b>	YOGA
4:15-5:15 PM	60	*BODYPUMP™	C
5:30-6:15 PM	45	BODYCOMBAT™	C
5:30-6:15 PM	45	SH'BAM™	A
5:45-6:40 PM	55	<b>*WARM POWER YOGA</b>	YOGA

## Saturday

TIME	LENGTH	CLASS	STUDIO
6:45-7:45 AM	60	*BODYPUMP™	C
8-8:55 AM	55	BODYATTACK™	C
8:30-9 AM	30	CORE™	A
9:15-10 AM	45	BODYSTEP™	C
9:15-10 AM	45	<b>RPM™</b>	CYCLE
9:15-9:45 AM	30	BARRE™	A
10-10:30 AM	30	SH'BAM™	A
10:15-11:15 AM	60	*BODYPUMP™	C

## Sunday

TIME	LENGTH	CLASS	STUDIO
1:45-2:40 PM	55	<b>*HOT FLOW YOGA</b>	YOGA
2:15-2:45 PM	30	GRIT™	C
3-3:55 PM	55	<b>*HOT FLOW YOGA</b>	YOGA
4:25-5:20 PM	55	ZUMBA®	C

### 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.

# 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.

**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.

**Chair Yoga:** Beginner -Intermediate; this class is taught from both a seated and standing position to enhance the flow and energy created in combination with restorative breathing exercises.

**\*Hot Athletic Power Yoga:** Intermediate-Advanced; high-energy class intended for students with an understanding and grasp of vinyasa flow yoga. A basic understanding of yoga terminology, alignment and proper form is recommended. You will be challenged with vigorous movement and longer static holds, power drills, and options for advanced poses. Modifications will be given, however, expect rigor and a faster paced class. **For ages 14 & up**

**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 BodyAttack:** Intermediate-Advanced/High-Intensity; a high-energy class that combines athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats burning up to 730 calories and leaving you with a sense of achievement. We offer 30, 45, and 55 minutes versions. Great for when you are short on time but not on energy!

**\*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!

**LM BodyStep:** Intermediate-Advanced; an energizing, full-body workout with sing-a-long music and great moves. This class caters to all fitness levels and you can increase or decrease the intensity of the workout by raising or lowering the height of your step.

**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 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.

**LM Grit:** Intermediate-Advanced/High-Intensity; this 30 minute high-intensity interval training (HIIT) class will be GRIT Strength, GRIT Plyo, or GRIT Cardio, chosen by the instructor. Cutting edge HIIT combined with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit fast!

**\*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).

**Power Cardio:** Intermediate-Advanced/High-Intensity; Intense cardio interval class that uses a variety of equipment. Prepare to sweat!

**\*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.**

**SilverSneakers Classic:** 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.

**TRX®:** Intermediate; all styles of TRX® deliver a fast, effective total-body workout, helps build a rock-solid core, increases muscular endurance and benefits people of all fitness levels. Pre-registration is required. Free (YM), Non-Members (\$)

**\*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!