



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hogan Family YMCA

Group Exercise Schedule January 2019

www.ymcahuntsville.org 256.705.9622

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobics Studio Classes						
5:30 am Cardio Fit Madelin	5:30 am Power Yoga Jane G.	5:30 am Pound Katharina	5:30 am Power Yoga Jane G.	5:30am Body Pump Katharina	*1 ½ hr class **30 min class ***45 min class Paid classes	
7:25 am Yoga Jane R.	7:25 am Body Pump Katharina	7:25 am Yoga Jane R.	7:25 am Body Pump Katharina	7:25 am Yoga Jane R.		
8:30 am S.W.E.A.T. Kelly	8:30 am Yoga Strength Kelly	8:30 am Step/Double Step Kelly	8:30 am Yoga Strength Kelly	8:30 am Power Sculpt Kelly		
9:15 am Walk & Tone (Indoor Track) Felisha	9:30 am Cardio Fit Courtney (Gym)	9:15 am Walk & Tone (Indoor Track) Cynthia		9:15 am Walk & Tone Linda (Indoor Track)	9:45 am Body Pump Rotates	12:30 pm* Gentle Yoga Cynthia
9:30 am Pilates (Gym) Julie	9:35 am Basic Sculpt Linda (Comm. Room)	9:30 am Pilates (Gym) Jennifer M.	9:35 am Basic Step Courtney	9:35 am Cardio Fit Courtney	11:00 am Zumba Rotates	2:00 pm Zumba Crystal
9:35am Body Pump Jan	10:35am Core Focus Jan	9:35 am Body Pump Jan	10:40 am PiYo Jennifer T.	9:30 am Pilates (Gym) Jennifer M.	11:00 am Balance&Flex Together Crystal	3:00 pm Body Barre Crystal
11am Yoga Basics Misti	10:40am Dance Fit Sherry B. (Gym)	10:40 am Kickboxing Sally	10:40 am Zumba Crystal	12 pm Body Barre Tara	10:40 am Dance Fit (Gym) Sherry B.	12:00 pm Body Barre Felisha
12:15 pm Body Barre Tara	12:00 pm Body Barre Tara	12:00 pm Body Barre Tara	4:30 pm Power Hour Nicole	10:40 am Body Pump Sally		
4:30 pm Balance&Flex Together Crystal	5:00 pm ** Total Core Courtney	4:30 pm Body Pump Bruce	5:30 pm ** Core Focus Together Mary		2:00 pm Pound Rotates	
5:35 pm Kickboxing Keil	5:30 pm Straight Step Courtney	5:35 pm PiYo Keil	6:00 pm Body Barre Crystal	Kids Classes Kid's Yoga 1/12 @ 10am Kid's Yoga 1/26 @ 10am		
6:00 pm Zumba Tora (Comm. Room)	7:00 pm Yoga Jane R.	6:00 pm Zumba Sherry C. (Comm. Room)	7:00 pm Yoga Jane R.			
6:45 pm Body Pump Patti	8:00 pm Zumba Sherry C.	6:45 pm Body Pump Patti	8:00 pm Zumba Tisha			
Spinning						
5:15 am Tim	5:15 am Dee	5:15 am Dee	5:15 am Jennifer T.	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 Rotates
12:00 pm*** Spin Express Jennifer T.		12:00 pm*** Spin Express Elizabeth		12:00 pm*** Spin Express Elizabeth		
5:30 pm Nicky		5:30 pm Tim			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		
Aquatics						
8:00am Water Aerobic Holley	8:00 am Water Aerobic Cynthia	8:00 am Water Aerobic Cynthia	8:00 am Water Aerobic Holley	8:00 am Water Aerobic Shari	8:00 am Water Aerobic Shari	
	1:00 pm Water Aerobic Cynthia		1:00 pm Water Aerobic Cynthia	8:00 pm*** Boga Tara		5:00 pm*** Boga Tara

Balance & Flex Together: is an athletic mind-body program including fundamentals from yoga and Pilates set to emotive music.

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.

Core Focus Together: is a 30-minute athletic and functional core strength workout

Dance Fit: A dance-cardio workout featuring top music hits, Latin rhythms, hip hop and more in a high-energy, heart pumping workout. Come join the dance party and get ready to sweat!

Defend Together: is for anyone wanting a challenging, athletic, and motivating workout. It's explosive, electric, and thrilling. MMA moves drive a great cardio experience that also strengthens the entire body. It's a great way to add variety to your training and improve timing, precision, and focus. Plus it's a great way to kick stress out of your life!

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.

Pivo: 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

Pound: is world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums. Unleash your inner Rockstar and come #MAKENOISE

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.

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!

Instructor Rotation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 6-7p Spin Nicky	5 9:45-10:45a Body Pump Rebekah 11a-12p Zumba Mira 2p-3p Pound Nicky
6 1:30-2:30p Spin Nicky	7	8	9	10	11 6-7p Spin Tim	12 9:45-10:45a Body Pump Patti 11a-12p Zumba Felisha 2p-3p Pound Katharina
13 1:30-2:30p Spin Lita	14	15	16	17	18 6-7p Spin Nicky	19 9:45-10:45a BP Launch!! Bruce, Leonard, Nicole 11a-12p Zumba Felisha 2p-3p Pound Nancy
20 1:30-2:30p Spin Nicole Ba.	21	22	23	24	25 6-7p Spin Tim	26 9:45-10:45a Body Pump Katharina 11a-12p Zumba Felisha 2p-3p Pound Nancy
27 1:30-2:30p Spin Tim	28	29	30	31		