



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 2018 FITNESS SCHEDULE

Director:
Drew Earls

Main Fitness Schedule-
Winter 2018

Schedule effective:
1/01/2018

***MUST PRE-REGISTER**

AT THE FRONT DESK
FOR BODYPUMP &
GRIT

BODYPUMP & GRIT:

FIRST CLASS IS FREE!

Per class fee \$5

Monthly Fee \$15 per
program

Monthly Fee \$25 for
both BodyPump and
GRIT together.

(Only members can do
the monthly option.
Nonmembers must pay
day pass PLUS daily
fee charge)

Class Locations:

#1: Program Room #1

#2: Program Room #2

#3: Mind Body Studio
(by racquetball courts)

#4: Upstairs fitness
room

#5: Gymnasium

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15 am <u>BodyPump* #2</u>	5:15-6 am <u>GRIT Cardio #1</u> Kettlebell #2	5:15-6:15 am <u>BodyPump* #2</u>	5:15-6 am <u>GRIT Cardio #1</u> Kettlebell #2	5:15-6 am <u>GRIT Cardio #1</u> Kettlebell #2	5:15-6:15 am <u>BodyPump* #2</u>		
8-9 am Body Sculpt #2 Pilates#3	8-9 am Yoga #3	8-9 am Body Sculpt #2 Pilates#3	8-9 am Yoga #3	8-9 am Yoga #3	8-9 am Body Sculpt #2 Pilates #3		
9-10 am Boot Camp #2 9-9:45am Spin #1	8:30-9:30 Kickboxing #4 <u>GRIT Strength #2</u>	9-10 am Boot Camp #2 9-9:45am Spin #1	9-10 am Boot Camp #2 9-9:45am Spin #1	8:30-9:30am Kickboxing #4 <u>GRIT Strength #2</u>	9-10 am Boot Camp #2 9-9:45am Spin #1	9-9:30am <u>GRIT Strength #2</u> 9-10 am Kickboxing #4	
10:15am-10:45am BARRE #3	9:15-10:15 am <u>BodyPump* #2</u>	10:15am-10:45am BARRE #3	10:15am-10:45am BARRE #3	9:15-10:15 am <u>BodyPump* #2</u>			3pm-4pm Functional Movement
		4pm-5pm Y-BLAST #4		4pm-5pm Y-BLAST #4			
	4:30pm-5pm <u>GRIT Cardio #1</u> 4:30-5:30 pm HIIT Circuit #2	4:30-5:30 <u>BodyPump* #2</u>	4:30-5:00 pm <u>GRIT Strength #2</u>	4:30-5:30 <u>BodyPump* #2</u> Vinyasa Yoga #3	4:30-5:00 pm <u>GRIT Plyo #2</u>	10-11 am <u>BodyPump* #2</u>	
	5:15-5:45pm Barre #3		5:15-5:45pm Barre #3		5:00pm-6:15pm HHST Dryland #2		
	5:30-6:30 pm Kickboxing #4 5:30-6:15pm Spin #1	5:30-6:15pm Spin #1	5:30-6:30 Zumba #2 5:30-6:15pm Spin #1	5:30-6:30 pm Kickboxing #4 5:30-6:15pm Spin #1			
	5:45-6:30pm <u>GRIT Strength #2</u> HHST #3		5:45pm-6:15pm <u>GRIT Cardio #4</u>				
	6:30-7:30 pm TRX MIX #4 Zumba #2	5:45pm-6:45pm <u>BodyPump #2</u>	6:30pm-7:30pm TRX MIX #4	5:45pm-6:45pm <u>BodyPump #2</u>			

YMCA of Hannibal

#1 YMCA Drive Hannibal, MO 63401

P 573 221 0586 F 573 221 2292 ymcaofhannibal.org



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CLASS DESCRIPTIONS

Barre - This class is about the physical and aesthetic benefits of lengthening and strengthening of muscles, combining pilates, yoga, and ballet to define and tone your body without the impact or injuries that dancers endure.

Body Pump - Great bodies aren't born they are transformed! Body Pump is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups. Spend one hour performing 800 repetitions and burning 500 calories. This class will change you. \$15 a month

Body Sculpt - This is an all-body workout which helps build lean muscles and increase strength.

Boot Camp - A high-intensity workout using a combination of military-style calisthenics, athletic drills, and low-level plyometrics - all in one class!

Functional Movement - This class involves pushing, pulling, crawling, jumping, punching, kicking, and sprinting. This class will help your strength, mobility, balance, and coordination.

Grit- Get ready to add HIIT workouts to your life and take your fitness to the next level. You'll be addicted to the results. These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn. \$15 a month

HIIT Circuit- This class will shape and tone your entire body with the science of High Intensity Interval Training. The workout is set up in short timed circuits allowing you to push your max effort.

Kettlebell - Kettlebell exercises build strength and endurance, particularly in the lower back, legs, and shoulders.

Vinyasa Yoga - Fluid yoga with a purpose of creating a deeper sense of awareness of your body and opening up body to a broader range of motion.

Kickboxing - A class that packs a punch! Use martial arts and boxing fundamentals for a heart-pumping workout. Learn safe ways to execute kicks and punches. Gloves and wraps are required

Pilates - Want to increase your flexibility and develop elongated muscle tone? Try this popular mat exercise regimen. Use special techniques to emphasize flexibility and core strength. This is a great way to build overall body strength, enhance athletic performance, and relieve back pain.

Spin - Provides a fun and challenging cardiovascular workout for fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction. Spinning will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn. Cardiovascular training such as spinning reduces symptoms of stress, depression, anxiety and insomnia.

T'ai Chi Chih- A gentle art of flowing, meditative motion. It consists of 19 movements and one pose performed in repetitions making it easy to learn. The movements are endorsed by the Arthritis Foundation to assist with pain, stress management, and ease of movement.

TRX - Suspension training using your own body weight to experience a total body functional workout! Every movement in this class requires you to use your core!

Yoga - Relax your spirit, mind, and body. This class is designed to increase flexibility by lengthening muscles and restore a positive mind/body balance. Reduce stress with less muscle tension.

Zumba - Fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away.