



# CLASSES SCHEDULE

**FITNESS CLASSES**  
April/May 2017  
Battle Creek Family YMCA



The Battle Creek Family YMCA offers a variety of **FREE FITNESS CLASSES!** With so many options to choose from, you'll be able to find something that is right for you!

Don't forget to check out the pool schedule for the aquatic aerobic class schedule!

## Fitness Class Descriptions:

- BOA:** (Boxing on Adrenaline) Burn fat through a kickboxing based cardio, strength and endurance workout.
- BOKWA:** Trace letters and numbers with your feet while moving to the beat of today's most popular songs
- Bootcamp\*:** Beginner to Advanced full body muscle toning and heart pumping cardio.
- Butt & Gut\*:** GET TONED! This class focuses on strength training to reshape your ABS, hips, butt and thighs.
- Cardio Drumming** – a full-body cardio jam session, combining light resistance with constant simulated drumming.
- Cardio Dance:** Feel the music in this workout while dancing to Latin Music
- Cardio Tennis:** Combine the sport of tennis with high intensity cardio exercises for a full body, calorie torching workout.
- Cize:** Cize is a cardio dance workout with new moves and great music. It's about moving to the beat, and everyone can do it!
- Chair Yoga:** Yoga moves while seated
- Doublestep:** A high-intensity, low-impact choreographed exercise performed using two step platforms.
- Kickboxing & Stretch:** A combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance, along with stretching exercises.
- Kids Fit:** Fun exercises to get kids up and moving
- Metabolic Circuit:** Increase your metabolism and burn fat with a workout combining interval and strength training routines.
- PiYo:** A challenging mix of both Pilates and yoga

**P90X:** The program includes 12 intense workouts that use resistance and body-weight training, cardio, plyometrics, ab work, martial arts and yoga.

**Power Circuit:** Enjoy both cardio & strength training in this fast paced circuit workout.

**Pro Performance:** Take strength & cardio to an all new high!

**SilverStars:** enjoy a low impact workout using hand weights, bands, and balls.

**Spin:** Cycling on a NEW level! Spinning is a form of exercise focusing on endurance, strength, intervals, high intensity and recovery all on stationary bikes

**Spin & Lift:** The same great cardio exercise as you'd come to expect with Spinning but this is combined with weights.

**Strong:** This high intensity interval Training class uses more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

**Stretch:** Come get a full body stretch for all your major muscle groups. While you will work the full body each week will also focus on a specific joint for mobility and flexibility.

**S.W.A.T:** Steps Weights, and Aerobic Training

**Swim Fit:** Come learn different strokes and techniques for lap swimming.

**Tabata:** High Intensity Interval Training (HIIT). Each round goes for 4 minutes with 20 seconds-on and 10 seconds-off intervals.

**Tang Soo Do:** Martial Arts. This class is open to the public.

**Turbo Kick:** A mix of kickboxing and simple dance grooves set to heart pounding dance music.

**X-Fit:** A program focusing on optimizing fitness through a variety of functional, relatively high intensity workouts.

**Y Pump\*:** Pump Up Muscle Performance guaranteed to challenge all your major muscles!

**Yoga/Pilates Fusion:** A combinations of Yoga and Pilates moves to help stretch and strengthen your body

**Yoga:** Three Words; flexibility, strength and grace.

**Zumba\*:** Feel-the-music! Latin & International music. Dance cardio workout.

\* Family Friendly: ages 10+ with adult supervision;

# April/May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m. <b>Spin*</b> (1) Roger	5:30 a.m. <b>Bokwa</b> (1) Marjorie	5:30a.m. <b>Power Circuit</b> (HEC) Marjorie	5:30 a.m. <b>Cize</b> (1)Jen	5:45 a.m. <b>Spin*</b> (1) Roger	8:00 a.m. <b>Spin*</b> (1) Victoria R	1 p.m. <b>Yoga/Pilates Fusion*</b> (1) Jaime K
9 a.m. <b>Metabolic Circuit*</b> (1) Abby	9 a.m. <b>PiYo*</b> (2) Abby	9 a.m. <b>Turbo Kick*</b> (1) Abby	9 a.m. <b>PiYo*</b> (2) Abby	9 a.m. <b>Spin*</b> (1) Bre	8:30 a.m. <b>Yoga</b> (3) Diana	
9:45-11:15 a.m. <b>Yoga*</b> (3) Diana	9 a.m. <b>Cardio Drumming*</b> (UP) Robert	9 a.m. <b>X-Fit* (2)</b> Bre	9 a.m. <b>Swim Fit</b> (Lap Pool) Caye	10 a.m. <b>Y-Pump*</b> (1) Bre	8:45 a.m. <b>Power Circuit*</b> (HEC) Pam	
10 a.m. <b>Pro Performance</b> (1) Bre/Holly	10 a.m. <b>Tabata*</b> (1) Mary	9:45-11:15 a.m. <b>Yoga</b> (3) Diana	10 a.m. <b>Power Circuit*</b> (HEC) Bre	10 a.m. <b>Silverstars</b> (YS)Stephany	9 a.m. <b>Cardio Drumming*</b> (UP) Bailey	
10 a.m. <b>Silverstars</b> (YS) Stephany	10 a.m. <b>Chair Yoga</b> (YS) Diana	10 a.m. <b>Y-Pump</b> (1) Holly	11 a.m. <b>Kids Fit*</b> (1) Caye	10 a.m. <b>Yoga for Athletes</b> (3) Abby	9 a.m. <b>Double Step*</b> (2) Tracey	
11:45 a.m. <b>Strong*</b> (1) Heather	5:30p.m. <b>P90X</b> (2) Jen	10 a.m. <b>Silverstars</b> (YS) Michelle J	5:30p.m. <b>Spin &amp; Lift</b> (1) Myra	11 a.m. <b>Cardio Drumming*</b> (UP) Bailey	10 a.m. <b>Zumba*</b> (1) Michelle W	
5:00 p.m. <b>Butt &amp; Gut</b> (2) Lynn	5:30p.m. <b>SWAT*</b> (1) Veta	10 a.m. <b>Stretch</b> (2) Abby	6-8p.m. <b>Tang soo do*</b> (UP) Doug		10 a.m. <b>Bootcamp*</b> (UP) Holly	
5:30 p.m. <b>Y-Pump*</b> (1) Dawn	6:30 p.m. <b>Spin*</b> (1) Victoria R/Keith	5:00p.m. <b>Butt &amp; Gut</b> (2) Lynn	6:30p.m. <b>YPump</b> (1) Pam			
6 p.m. <b>Power Circuit*</b> (WC) Veta	6:30p.m. <b>Bokwa*</b> (4) Michelle W	5:15 p.m. <b>Kickboxing &amp; Stretch*</b> (1) Victoria P	6:30p.m. <b>Yoga*</b> (3) Myra			
6:30pm <b>Cardio Dance*</b> (1) Dana	6-8p.m. <b>Tang soo do*</b> (UP) Doug	6 p.m. <b>Cardio Tennis*</b> (MSC) Casey		<b>FITNESS CLASS KEY:</b>  (1) Studio One (2) Studio Two (3) Studio Three (4) Studio Four YS Y Stretch  (HEC) Health Enhancement Center (MSC) Multi-Sports Complex (UP) Upstairs Track (WC) Wellness Center * Family Friendly (10+)		
6:30 p.m. <b>Yoga</b> (3) Dawn		6p.m. <b>Cardio Drumming*</b> (UP)Robert				

STUDIO 3 & 4 ARE DOWNSTAIRS  
YS IS RIGHT OFF THE LOBBY