



# CLASSES SCHEDULE

**FITNESS CLASSES**  
June/July/August  
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:

**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.

**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.

**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

**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.

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

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

**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;

# June/July/August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																				
6 a.m. <b>Spin*</b> (1) Roger	5:30 a.m. <b>Bokwa</b> (2) 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	5:30 a.m. <b>Y-Pump</b> (1) Amber	5:45a.m. <b>PiYo</b> (1) Jen	9 a.m. <b>PiYo*</b> (1) Abby	9 a.m. <b>Spin*</b> (1) Bre/Caye	8:30 a.m. <b>Yoga</b> (3) Diana																					
9:45-11:15 a.m. <b>Yoga*</b> (3) Diana	9 a.m. <b>PiYo*</b> (1) Abby	9 a.m. <b>Metabolic Circuit*</b> (1) Abby	10 a.m. <b>Power Circuit*</b> (HEC) Bre	10 a.m. <b>Y-Pump*</b> (1) Bre/Bailey	8:45 a.m. <b>Power Circuit*</b> (HEC) Pam																					
10 a.m. <b>Pro Performance</b> (1) Bre/Holly	9a.m. <b>Cardio Drumming*</b> (UP) Robert	9 a.m. <b>X-Fit*</b> (2) Bre	11 a.m. <b>Kids Fit*</b> (1) Caye/Mary	10a.m. <b>Silverstars</b> (YS)Stephany	9a.m. <b>Cardio Drumming*</b> (UP) Bailey																					
10 a.m. <b>Silverstars</b> (YS) Stephany	10 a.m. <b>Power Circuit*</b> (HEC) Mary	9:45-11:15a.m. <b>Yoga</b> (3) Diana	5:30p.m. <b>Spin &amp; Lift</b> (1) Myra	11 a.m. <b>Cardio Drumming*</b> (UP) Bailey	9 a.m. <b>Double Step*</b> (2) Tracey																					
11:45 a.m. <b>Strong*</b> (1) Heather	10a.m. <b>Chair Yoga</b> (YS) Diana	10 a.m. <b>Y-Pump</b> (1) Holly	6-8p.m. <b>Tang soo do*</b> (UP) Doug		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>Silverstars</b> (YS) Michelle J	6:30p.m. <b>Yoga*</b> (3) Myra																							
5:30 p.m. <b>Y-Pump</b> (1) Pam	6:30 p.m. <b>Spin*</b> (1) Victoria/Keith	5:30p.m. <b>Bootcamp</b> (1) Cameo																								
6 p.m. <b>Power Circuit*</b> (WC) Veta	6:30p.m. <b>Bokwa*</b> (4) Michelle W	6p.m. <b>Cardio Drumming*</b> (UP) Robert																								
6:30 p.m. <b>Yoga</b> (3) Dawn	6-8p.m. <b>Tang soo do*</b> (UP) Doug			<p><b>FITNESS CLASS KEY:</b></p> <table> <tr> <td>(1)</td> <td>Studio One</td> <td>(HEC)</td> <td>Health Enhancement Center</td> </tr> <tr> <td>(2)</td> <td>Studio Two</td> <td>(MSC)</td> <td>Multi-Sports Complex</td> </tr> <tr> <td>(3)</td> <td>Studio Three</td> <td>(UP)</td> <td>Upstairs Track</td> </tr> <tr> <td>(4)</td> <td>Studio Four</td> <td>(WC)</td> <td>Wellness Center</td> </tr> <tr> <td>YS</td> <td>Y Stretch</td> <td>*</td> <td>Family Friendly (10+)</td> </tr> </table> <p>STUDIO 3 &amp; 4 ARE DOWNSTAIRS YS IS RIGHT OFF THE LOBBY</p>			(1)	Studio One	(HEC)	Health Enhancement Center	(2)	Studio Two	(MSC)	Multi-Sports Complex	(3)	Studio Three	(UP)	Upstairs Track	(4)	Studio Four	(WC)	Wellness Center	YS	Y Stretch	*	Family Friendly (10+)
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