



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 will help you reshape your ABS, hips, butt and thighs.

**Cardio Drumming** - a full-body cardio jam session, combining light resistance with constant simulated drumming.

**Cardio Tennis:** Combine the sport of tennis with high intensity cardio exercises for a full body, calorie torching workout.

**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.

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

**PiYo:** A challenging mix of both Pilates and yoga

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

**Pound:** Cardio jam session inspired by the fun of playing the drums.

**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.

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

**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.

**Teen Strength & Agility:** A combination of weights, cardio and agility for teens.

**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;

# December 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m. <b>Spin</b> (1) Roger	5:30 a.m. <b>X-Fit</b> (2) Amber	5:30 a.m. <b>Power Circuit</b> (HEC) Marjorie	5:45 a.m. <b>Tabata</b> (1) Amber	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> (1) Abby	9 a.m. <b>Spin</b> (1) Bre	8:30 a.m. <b>Yoga</b> (3) Diana	
9 a.m. <b>BOA</b> (4) Victoria P	9am <b>Cardio Drumming</b> (1) Robert	9 a.m. <b>X-Fit</b> (2) Bre	10 a.m. <b>Power Circuit</b> *** (HEC) Bre	9 a.m. <b>BOA</b> (4) Victoria P	8:45 a.m. <b>Power Circuit</b> *** (HEC) Pam	
9:45-11:15 a.m. <b>Yoga</b> (3) Diana	10 a.m. <b>Tabata</b> (1) Mary	9:45-11:15 a.m. <b>Yoga</b> (3) Diana	11 a.m. <b>KidsFit</b> (1) Bre	10 a.m. <b>Y-Pump</b> (1) Bre	9 a.m. <b>Double Step</b> *** (1) Tracey	
10 a.m. <b>Pro Performance</b> (1) Bre/Holly	10 a.m. <b>Chair Yoga</b> (2) Diana	10 a.m. <b>Y-Pump</b> *** (1) Holly	5:30 p.m. <b>P90X</b> (2) Jen	10 a.m. <b>Silverstars</b> (2) Michelle J	9:30 a.m. <b>BOA</b> (4) Victoria P	
10 a.m. <b>Silverstars</b> (2) Michelle J	5pm <b>Teen Strength/Agility</b> (HEC) Cordell	10 a.m. <b>Silverstars</b> (2) Michelle J	5:30 p.m. <b>Spin &amp; Lift</b> (1) Myra		10 a.m. <b>Zumba</b> *** (1) Michelle W	
5:00 p.m. <b>Butt &amp; Gut</b> (2) Lynn	5:30 p.m. <b>P90X</b> (2) Jen	5:00 p.m. <b>Butt &amp; Gut</b> (2) Lynn	6-8 p.m. <b>Tang soo do</b> (UP) Doug			
5:30 p.m. <b>Y-Pump</b> *** (1) Dawn	5:30 p.m. <b>SWAT</b> *** (1) Veta	5:15 p.m. <b>Cardio Drumming</b> (1) Robert	6:30 p.m. <b>YPump</b> (1) Myra			
6 p.m. <b>Power Circuit</b> (WC) Veta	6:30 p.m. <b>Gentle Yoga</b> (3) Marybeth	6 p.m. <b>Cardio Tennis</b> (MSC) Casey	6:30 p.m. <b>Yoga</b> (3) Donna			
6 p.m. <b>BOA</b> (4) Victoria P	6:30 p.m. <b>Spin</b> (1) Victoria R/Keith	6:15 p.m. <b>Kickboxing &amp; Stretch</b> (1) Victoria P		<b>FITNESS CLASS KEY:</b>  (1) Studio One (2) Studio Two (3) Studio Three (4) Studio Four STUDIO 3 & 4 ARE DOWNSTAIRS (MSC) Multi-Sports Complex (HEC) Health Enhancement Center (UP) Upstairs Track (WC) Wellness Center \$ Paid Program *** Family Friendly (10+)		
6:30 p.m. <b>Zumba</b> *** (1) Dana	6:30 p.m. <b>Bokwa</b> *** (4) Michelle W					
	6-8 p.m. <b>Tang soo do</b> (UP) Doug					