



# CLASSES SCHEDULE

**FITNESS CLASSES**  
July 2019 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:**

**Aerial:** Join us to work on your strength and flexibility using silks, hammocks and a lyra ring. These classes are held in Y in the Sky and does have an additional charge.

**BOKWA:** Trace letters and numbers with your feet while moving to the beat of today's most popular songs

**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.

**Class of Movement:** A class of movement, meditation, mindfulness, energy balancing and self massage techniques to bring balance and harmony to mind & body with unique music.

**Doublestep:** A high-intensity, low-impact choreographed exercise performed using two step platforms.

**HIIT:** High Intensity Interval Training

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

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

**Instructors Choice:** This is an instructors choice high intensity workout. You will combine cardio and strength training for fast results.

**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! In this class we focus on strength training with weights combined with spinning for cardio and endurance.

**Power Half Hour:** Join us for a quick 30 minute workout to build strength and endurance with weights and cardio.

**Quick Fit\*:** Come get a full body strength training workout in just 30 minutes time.

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

**Strength & Cardio:** This class incorporates both cardio and strength training exercise to give you a full body workout in just 30 minutes!

**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

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

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

**X-Fit/Synrgy:** Xfit- A program focusing on optimizing fitness through a variety of functional, relatively high intensity workouts.  
**Synrgy-** Enjoy a fast pace circuit workout on our NEW Synrgy tower while learning new exercises and the many functions of the new machine.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m. <b>Indoor Cycling*</b> (2) Roger	5:30 a.m. <b>Y-Pump</b> (1) Andrea	8:45 a.m. <b>Xfit/ Synrgy*</b> (HEC) Taryn	5:30 a.m. <b>Y Pump</b> (1) Andrea	5:45 a.m. <b>Indoor Cycling*</b> (2) Roger	8:00 a.m. <b>Indoor Cycling*</b> (2) Victoria R	
9 a.m. <b>Metabolic Circuit*</b> (1) Abby	9 a.m. <b>PiYo*</b> (1) Abby	8:30 a.m. <b>Indoor Cycling*</b> (2) Mary (30 min)	9 a.m. <b>PiYo*</b> (1) Abby	9 a.m. <b>Indoor Cycling*</b> (2) Bre	9:00 a.m. <b>Instructor Choice*</b> (1 or HEC) See Wellness Office door for Schedule	
10 a.m. <b>Pro Performance</b> (1&2) Bre/Mary	9a.m. <b>Cardio Drumming*</b> (UP) Robert	9:15 - 9:45 a.m. <b>Cardio &amp; Strength*</b> (1) Holly	10 a.m. <b>Power Circuit*</b> (HEC) Bre	10 a.m. <b>Silverstars</b> (Lobby) Becky/ Kelsey		
10 a.m. <b>Silverstars</b> (Lobby) Kelsey/Beth	10 a.m. <b>Power Circuit*</b> (HEC) Mary	10 a.m. <b>Stretch*</b> (UP) Abby (30 min)	6-8p.m. <b>Tang soo do*</b> (UP) Doug	10 a.m. <b>Quick Fit</b> (1) Mary (30 min)	9a.m. <b>Cardio Drumming*</b> (UP) Rachel/Brooke	
5:30 p.m. <b>Y Pump</b> (1) Lynn/Pam	11 a.m. <b>Kids Fit*</b> (1) Mary	10 a.m. <b>Silverstars</b> (Lobby) Stephany	5:30 p.m. <b>Indoor Cycling &amp; Lift</b> (1&2) Pam	11a.m. <b>Cardio Drumming*</b> (UP) Rachel	10 a.m. <b>Aerial \$</b> (UP) Emily	
5:30 p.m. <b>Indoor Cycling</b> (2) Myra	11:45 a.m. <b>Class of Movement*</b> (Yoga) Janey	5p.m. <b>Butt &amp; Gut*</b> (1) Lynn			10a.m. <b>Zumba*</b> (1) Michelle W	
6 p.m. <b>Cardio Drumming*</b> (UP) Heidi	5:30 p.m. <b>SWAT*</b> (1) Veta	5:30 p.m. <b>Indoor Cycling &amp; Lift</b> (1&2) Mary				
	6:30 p.m. <b>Indoor Cycling*</b> (2) Victoria/Keith	6 p.m. <b>Cardio Drumming*</b> (UP) Robert				
	6:30p.m. <b>Bokwa*</b> (1) Michelle W					
	6-8p.m. <b>Tang soo do*</b> (UP) Doug					
	8:15 p.m. <b>Aerial \$ (UP) Emily</b>					

**FITNESS CLASS KEY:**

- (1) Studio One
  - (2) Studio Two
  - (HEC) Health Enhancement Center
  - (MSC) Multi-Sports Complex
  - (UP) Upstairs Track
  - (WC) Wellness Center
  - \* Family Friendly (10+)
  - \$ Additional Charge
- For all Yoga classes please check Essential Yoga Studio schedule