



# CLASSES SCHEDULE

## FITNESS CLASSES

September 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.

**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.

**Pilates:** Pilates that emphasizes the balanced development of the body through core strength, flexibility, and awareness. This is a novice foundation, review of the basic 7 pilates principles.

**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;

# September

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   | Sunday |
|---|--|---|--|--|--|--------|
| 6 a.m. <b>Indoor Cycling*</b><br>(2) Roger        | 5:30 a.m. <b>Y-Pump</b><br>(1) Andrea                  | 8:45 a.m. <b>Xfit/Synrgy*</b><br>(HEC) Taryn                | 5:30 a.m. <b>Y Pump</b><br>(1) Andrea                    | 5:45 a.m. <b>Indoor Cycling*</b> (2) Roger   | 8:00 a.m. <b>Indoor Cycling*</b><br>(2) Victoria R   |        |
| 9 a.m. <b>Metabolic Circuit*</b><br>(1) Bre/Holly | 9 a.m. <b>PiYo*</b><br>(1) Stephany                    | 8:30 a.m. <b>Indoor Cycling*</b><br>(2) Mary (30 min)       | 9 a.m. <b>PiYo*</b><br>(1) Stephany                      | 8:45 a.m. <b>Power 1/2 Hour*</b><br>(HEC & 1) Taryn  | 9:00 a.m. <b>Instructor Choice*</b><br>(1 or HEC)<br>See Wellness Office door for Schedule |        |
| 10 a.m. <b>Cycle &amp; Arms</b><br>(2) Mary       | 9a.m. <b>Cardio Drumming* (UP)</b><br>Robert           | 9:15 - 9:45 a.m. <b>Cardio &amp; Strength*</b><br>(1) Holly | 10 a.m. <b>Power Circuit* (HEC)</b> Bre                  | 9 a.m. <b>Indoor Cycling*</b><br>(2) Bre   |  |        |
| 10 a.m. <b>Silverstars (Lobby)</b> Kelsey         | 10 a.m. <b>Power Circuit* (HEC)</b> Mary               | 10 a.m. <b>Stretch* (UP)</b><br>Cheryl (30 min)             | 6-8p.m. <b>Tang soo do* (UP)</b> Doug                    | 10 a.m. <b>Silverstars (Lobby)</b> Becky/<br>Kelsey  | 9a.m. <b>Cardio Drumming*</b><br>(UP) Rachel/Brooke  |        |
| 10 a.m. <b>Pilates Fundamentals</b><br>(1) Janey  | 11 a.m. <b>Kids Fit* (1) Mary</b>                      | 10 a.m. <b>Silverstars (Lobby)</b> Stephany                 | 5:30 p.m. <b>Indoor Cycling &amp; Lift (1&amp;2)</b> Pam | 10 a.m. <b>Quick Fit</b><br>(1) Mary (30 min)  | 10 a.m. <b>Aerial \$ (UP)</b> Emily  |        |
| 5:30 p.m. <b>Y Pump</b><br>(1) Lynn/Pam           | 5:30 p.m. <b>SWAT* (1) Veta</b>                        | 5p.m. <b>Butt &amp; Gut*</b><br>(1) Lynn                    |  | 11a.m. <b>Cardio Drumming*</b><br>(UP) Rachel  | 10a.m. <b>Zumba*</b><br>(1) Michelle W   |        |
| 5:30 p.m. <b>Indoor Cycling</b><br>(2) Myra       | 6:30 p.m. <b>Indoor Cycling* (2)</b><br>Victoria/Keith | 5:30 p.m. <b>Indoor Cycling &amp; Lift (1&amp;2)</b> Mary   |  |  |  |        |
| 6 p.m. <b>Cardio Drumming*</b><br>(UP) Heidi      | 6:30p.m. <b>Bokwa*</b><br>(1) Michelle W               | 6 p.m. <b>Cardio Drumming*</b><br>(UP) Robert               |  |  |  |        |
|   | 6-8p.m. <b>Tang soo do*</b><br>(UP) Doug               |   |  |  |  |        |
|   |  |   |  | <b>FITNESS CLASS KEY:</b><br><br>(1) Studio One<br>(2) Studio Two<br><br>For all Yoga classes please check Essential Yoga Studio schedule<br><br>(HEC) Health Enhancement Center<br>(MSC) Multi-Sports Complex<br>(UP) Upstairs Track<br>(WC) Wellness Center<br>* Family Friendly (10+)<br>\$ Additional Charge |  |        |