



# HEALTH & WELLNESS GROUP EXERCISE CLASSES

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## STAFF CONTACT

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## COVID-19 INFORMATION

- Please monitor for symptoms of COVID-19. You should stay home if any symptoms are observed.
- Anyone 5 years and older are required to wear a mask at the YMCA. This includes in all Group Exercise Classes. Exemptions include but are not limited to; individuals who have difficulty breathing, medical conditions that prevent wearing a face covering, sensory sensitivities, developmental disabilities or when eating or drinking.
- Enhanced cleaning and disinfecting procedures are in place. All equipment and touchpoints will be disinfected regularly and after each class.
- Class sizes will be limited to maintain appropriate distances between participants and registration is required for some class. To register, follow the instructions at the bottom of this page or call the YMCA Member Services Desk at 715.342.2980.

## FREE GROUP EXERCISE CLASSES (AGES 12 YEARS & UP, UNLESS OTHERWISE NOTED)

- **Y Members:** Free with Membership
- **General Public:** Not admitted at this time

**A LISTING OF CLASS DAYS AND TIMES CAN BE FOUND ON THE SCHEDULES TAB OR PROGRAM GUIDE BUTTON ON THE GROUP EXERCISE CLASS PAGE ON OUR WEBSITE. [www.spymca.org](http://www.spymca.org)**



**Family Friendly:** This icon indicates Family Friendly Classes which run as usual, but are open to kids ages 7 and up accompanied by an adult. See schedule for class times that are Family Friendly

**\*These classes require pre-registration to reserve your spot. Instructions on how to register for classes is located at the end of this document.**

## GROUP CYCLING\*

Come enjoy a heart-pumping ride while you pedal to the beat of great music using Coach By Color®. Join us for a non-impact, adult fitness program for all abilities and ages. Beginners must come 10 minutes early for bike setup! Group Cycling room. **Limit 10 participants per class. \*Please reserve your spot.**  
**Location: Group-Cycling Studio.**



## KICKBOXING

This class combines martial arts techniques with fast-paced cardio. This high-energy workout is flexible to serve the levels of all students yet challenges every level alike. Build stamina; improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. **Location: Gymnasium**

## LES MILLS BODYPUMP/ EXPRESS (AGES 13 YEARS & UP)

Bodypump™ is intended to build strength and sculpt your muscles—it is also a killer cardio workout, with many tracks spiking your heart rate and leaving you dripping with sweat. Each song track focuses on a different muscle group, with a warm-up and cool-down track opening and closing the class, and requires various weights (heavier for the bigger muscle groups, lighter for the smaller ones). You will do a high number of repetitions with lighter weights for maximum fatigue and, ultimately, to get stronger. The class is ideal for those who want to add weight lifting into their routine. 60-minute format and Express 45 minute format. Must be 13 years old & up. **Location: Gymnasium**



### **OUTDOOR BOOT CAMP**

This outdoor boot camp style class will have cardio and strength intervals, circuits and more. Come prepared for the weather; be sure to bring a water bottle. Class will be cancelled when there is lightning or heavy rain. Watch Facebook for updates. **Location: Soccer Field**

### **TOTAL BODY**

Total Body is a head-to-toe cardio and strength workout that will elevate your heart rate by combining cardio, strength and core exercises using your own body weight, as well as, a variety of equipment.

**Location: Gymnasium**

### **WATER EXERCISE\***

This low-impact class incorporates cardiovascular and muscle conditioning exercises using the water as resistance. This environment is great for everything from athletic training to arthritis relief—water naturally offers resistance. Working in the water will help improve balance and core strength. No swimming skills are necessary. **\*Class limited to 14 participants. Please reserve your spot. Location: Adventure Pool**



### **ZUMBA**

Dance to great music, with great people, and burn a ton of calories without even realizing it! The perfect combo of fun and fitness has made Zumba® classes a worldwide phenomenon. The class that started the dance-fitness revolution and changed the way we look at a “workout” forever. It is fun, effective and best of all...made for everyone! **Location: All Purpose Room**

### **SILVERSNEAKERS CLASSIC (AGES 40 YEARS & UP)**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **Location: Gymnasium**

### **SILVERSNEAKERS CIRCUIT (AGES 40 YEARS & UP)**

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. **Location: Gymnasium**

### **SILVERSNEAKERS YOGA (AGES 40 YEARS & UP)**

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. **Location: Gymnasium**

### **TOTAL ABS EXPRESS**

A fun-packed 35 minutes designed to tone, build and strengthen the abdominal muscles. Total Abs uses a various exercises to target the core muscles, and get results fast. **Location: Gymnasium**

### **FREE YOGA & PILATES MAT CLASSES (AGES 12 YEARS & UP)**

- **Y Members:** Free with Membership
- **General Public:** Not Admitted at this time

### **YOGA FLOW\***

Experience a powerful yoga flow to strengthen and stretch while balancing your body with relaxation and focus. Breath work, yoga postures and movements, stretching and relaxation incorporated in each class. Open to all experience levels (even beginners!) and individual modifications will be available. **Class limited to 10 participants. \*Please reserve your spot. Location: Mind Body Studio**



### **OUTDOOR YOGA**

Open to all experience levels (even beginners!) and individual modifications will be available. Class will be held on soccer field, or shade area near Franklin St. (class will be cancelled if; extreme high temps, or low, and rain/storms) Please bring mat, or towel and water. Class runs weather permitting. **Location: Soccer Fields**



### **POP PILATES\***

NEW! Pop Pilates takes classical Pilates to the next level by challenging students to rhythmically flow from one exercise to the next, developing a rock-solid core and leaving no muscle untouched.

It is a mat-based fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits. **Class is limited to 10 participants. \*Please reserve your spot. Location: Mind Body Studio**

### **PILATES MAT\***

Use this class to jumpstart core strength and flexibility, working 360° around the torso. Basic to intermediate Pilates incorporated into seated, standing and mat work. **\*Class is limited to 10 participants. Location: Mind Body Studio**



### **OUTDOOR PILATES**

Open to all experience levels (even beginners!) and individual modifications will be available. Class will be held on soccer field, or shade area near Franklin Street. Please bring mat, or towel and water. Class runs weather permitting (class will be cancelled if; extreme high temps, or low, and rain/storms) check Facebook for updates. **Location: Soccer Field**

## **GROUP EXERCISE RESERVATION INSTRUCTIONS**

\*Reservations open 2 days before the class start time.

### **TO OPEN THE GROUP EXERCISE SCHEDULE:**

- Go to our website [www.spymca.org](http://www.spymca.org)
- Click on the tab "Schedules" located on the top menu bar and choose "Group Ex Classes"
- Once in the schedule, locate the class you want to take. (Go to the correct date, locate the class)
- On right side click "Sign Up"

### **THE FIRST TIME YOU REGISTER FOR A CLASS:**

- Click on "Create a login" (near top)
- Enter your First and Last name, email address, and a password; confirm your password.
- Click "Register"
- Enter the email and password you created
- Click "Login"
- Click the blue "Reserve a Spot"

That's it!! It will tell you if you have a spot reserved, or if it is full. You may then log out of your account.

### **TO CANCEL A RESERVATION:**

- Follow the same steps to open the schedule
- Open the class you registered for
- Click on "Sign Up"
- Log into your account. It will tell you in green you have a spot
- Click on blue "Cancel Reservation"

If you do not have access to a computer, please contact the Member Services Desk at 715.342.2980 and we will be happy to assist you.