



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Check out the Group Fitness Schedule on our website: [www.rockfamily.org](http://www.rockfamily.org) & become a fan on Facebook

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Group Strength</b> Jessica W-MPR 5:45am-6:30am	<b>Cycle</b> Charly- CycleStudio 5:45am-6:30am	<b>OutsideCycle*</b> Charly front door of the Yheld till mid october 5:30am-6:30am	<b>Cycle/core</b> Jessica W- CycleStudio 5:45am-6:45 am	<b>Group Strength</b> Rotate- Balfour 5:45am-6:30am	<b>KEY</b> <b>MPR</b> <b>Balfour</b> <b>Aquatics</b> <b>3rd floor Cycle</b>
	<b>Yoga Mix</b> Sara L-Balfour 5:45am-6:45am	<b>Gentle Water &amp; Stretch</b> Dana-Pool 8:00 am-8:45am	<b>Yoga Mix</b> Stacy-Balfour 5:45am-6:45am		
<b>Silver Sneakers® Classic</b> Linda G- Balfour 8:05am-9:00am	<b>Silver Sneakers® Circuit</b> Lisa N-Balfour 8:05am-9:00am	<b>Silver Sneakers® Classic</b> Linda G- Balfour 8:05am-9:00am	<b>Silver Sneakers® Circuit</b> Lisa N-Balfour 8:05am-9:00am	<b>Silver Sneakers® Classic</b> De- Balfour 8:05am-9:00am	
<b>Water Works</b> Lisa N- Pool 9:05am-9:50am	<b>Aqua Zumba®</b> Mirna- Pool 9:05am-9:50am	<b>Aqua Zumba®</b> Megan- Pool 9:05am-9:50am	<b>Water Works</b> Crystal- Pool 9:05am-9:50am	<b>Aqua Zumba®</b> Jessica A- Pool 9:15am-10:00am	
<b>Zumba® II</b> Robin H-MPR 9:15am-10:10 am	<b>TurboKick®</b> Becky-MPR 9:15am-10:10am	<b>Zumba® II</b> Melissa-MPR 9:15am-10:10am	<b>CSI</b> Jessica L-MPR 9:15am-10:10am	<b>Group Strength</b> Rotation-MPR 9:15am-10:10 am	
<b>Group Strength</b> Pennie-Balfour 9:15am-10:10am	<b>Pilates</b> Pennie-Balfour 9:15am-10:10am	<b>Group Strength</b> Maureen-Balfour 9:15am-10:10am	<b>Belly Dance</b> 9:05-9:55 am <b>Belly Dance Choreography</b> 9:55-10:30 am Rhoda -Balfour	<b>Barre Bliss</b> 9:15am-10:10 am <b>Foam Roller</b> 10:10am-10:25am Avin-Balfour	<b>Saturday</b>
	<b>Cycle/Core</b> Jessica L- Cycle Studio 9:15am-10:10am	<b>Hard CORE Challenge</b> Maureen- Balfour 10:15am-10:30am		<b>Cycle/Core</b> Tamsin- Cycle Studio 9:15am-10:10am	<b>Water Works</b> Rotate- Pool 8:30am-9:25am
<b>Hard CORE Challenge</b> Pennie-Balfour 10:15am-10:30am	<b>Power Cut</b> Robin F/Lisa N-MPR 10:15am-11:10am	<b>20-20-20</b> Sylvia- MPR 10:15am-11:10am	<b>Power Cut</b> Jen B/Tamsin- MPR 10:15am-11:10am	<b>Hard CORE Challenge</b> Rotation-MPR 10:15am-10:30am	<b>Cardio Mix</b> Rotate-MPR 8:30am-9:25 am
<b>Pilates Challenge</b> Maureen-MPR 10:15am-10:45am	<b>Belly Dance</b> Rhoda-Balfour 10:15am-11:00am	<b>Silver Sneakers Tai Chi</b> Bonnie- Balfour 10:35am-11:30am		<b>PIYo Strength®</b> Becky/Pennie-MPR 10:35am-11:30am	<b>Group Strength</b> Rotate- MPR 9:30am-10:25am
<b>Silver Sneakers® Circuit</b> Robin F- Balfour 10:35am-11:30am	<b>Baby and Me Fitness</b> Leslie- South Gym 10:30am-11:00 am		<b>Silver Sneakers® Classic</b> Paula-Balfour 10:35am-11:30am	<b>Family Fitness</b> Avin-Balfour 10:30am-10:55am	
	<b>Qigong</b> <b>Strength, Flexibility and Balance</b> Bonnie-Balfour 11:05am-12:00pm	<b>Silver Sneakers® Circuit</b> Linda H- Balfour 11:35am-12:30pm			<b>Cycle</b> Lanse -Cycle Studio 10:30am-11:15am
<b>Yoga Mix</b> Maureen-MPR 10:50am-11:45am	<b>Tai Chi</b> Patrick- MPR 11:15am-12:05pm	<b>Yoga</b> Rotation-MPR 11:15am-12:10pm	<b>Yogalates</b> Maureen-MPR 11:15am-11:55am	<b>Gentle Stretch ChairYoga</b> Avin-Balfour 11:00am-11:45am	<b>Yoga</b> Colette-MPR 10:30am-11:25am
	<b>Tai Chi Level 2</b> Patrick-Balfour 12:10pm-12:55pm		<b>Zumba® I</b> Paula-Balfour 11:35am-12:20pm	<b>Gentle Water &amp; Stretch</b> Avin-Pool 12:00pm-12:45pm	
<b>Tabata Cycle</b> Pennie- Cycle Studio 12:00pm-12:45pm	<b>Power Cut</b> Pennie-MPR 12:10pm-12:55pm		<b>Power Cut</b> Lisa N-MPR 12:00pm-12:55pm	<b>Cycle</b> Pennie- Cycle Studio 12:00pm-12:45pm	<b>Sunday</b>
<b>Power Qigong</b> Bonnie-Balfour 4:30pm-5:25pm	<b>Zumba® II</b> Sara P-MPR 4:30pm-5:25pm	<b>Family Fitness</b> Avin-Balfour 3:50pm-4:25pm		<b>Zumba®/Zumba Toning®</b> <b>WOMEN'S ONLY CLASS</b> <b>Megan-MPR</b> 4:30pm-5:25pm	<b>Group Strength</b> Rotatie- MPR 12:00pm-12:55 pm
<b>Zumba® II</b> Leslie/Amy-MPR 4:30pm-5:25pm	<b>Group Strength</b> Patti- Balfour 4:35pm-5:25 pm	<b>Yoga Mix</b> Avin-Balfour 4:30pm-5:25pm	<b>Group Strength</b> Patti- Balfour 4:35pm-5:25 pm		<b>Yoga</b> Rotation MPR 1:00pm-1:50 pm
<b>Pilates</b> Grace-Balfour 5:30pm-6:25pm		<b>Power Cut</b> Alissa-MPR 4:30pm-5:25pm			
<b>Group Strength</b> Jacque-MPR 5:30pm-6:25pm	<b>Cardio Complete</b> Jacque-MPR 5:30pm-6:25pm	<b>Cycle</b> Lanse -Cycle Studio 5:30pm-6:25pm	<b>Zumba® II</b> Mirna-MPR 5:30pm-6:25pm		
<b>Cardio Mix</b> Rotate- MPR 6:30pm-7:25pm		<b>Barre Bliss</b> Avin-Balfour 5:30pm-6:15pm			
<b>Cycle</b> Lanse -Cycle Studio 6:00pm-6:45pm	<b>Yoga Mix</b> Stacy-Balfour 5:45pm-6:40 pm	<b>Cardio Complete</b> Jacque -MPR 5:30pm-6:25pm			
<b>Yoga</b> Grace-Balfour 6:30pm-7:25pm	<b>Cycle</b> Lanse -Cycle Studio 6:30pm-7:15pm	<b>Zumba® II</b> Amy-MPR 6:30pm-7:25pm	<b>Group Strangth</b> Valerie-MPR 6:30pm-7:25pm		
<b>Aqua Zumba®</b> Jessica A- Pool 6:35pm-7:30pm	<b>Aqua Splash</b> Sylvia-Pool 6:45pm-7:30 pm	<b>Deep Water</b> Avin-Pool 6:35pm-7:15 pm	<b>Aqua Zumba®</b> Megan- Pool 6:45pm-7:30pm		



# Group Fitness Schedule

November 3rd-  
December 31st, 2014

If you have any questions regarding our group fitness classes, please contact Pennie at 507-287-2260 ext 1042 or e-mail at pennie@rockfamily.org

# Group Fitness Class Descriptions

## Spirit, Mind and Body

**Belly Dance**- Joyful, creative, and empowering art. Combines isolated movements of expression with muscle control to tighten, tone, and shape the body, while providing a low-impact aerobic workout. No previous dance experience necessary! ☺

**Pilates** – Work to perfect your alignment and posture as you strengthen your core muscles. ☺

**Power Qigong**- A more dynamic Qigong for with a focus on core and lower body strength and the building of “Internal Power”. ☺☺

**Qigong**- Gentle movement, deep breathing, self-applied massage techniques and meditation help to stimulate the body's ability to heal itself. Excellent for improving range of motion, flexibility, balance, and reducing effects of stress. ☺

**Qigong SFB**: Strength, Flexibility and Balance. This class will include Qigong exercises to improve strength in the legs, back and core; improve flexibility in the knees, hips and shoulders and improve balance and coordination. In other words - exercises to reduce the risk of falling. ☺

**-Tai Chi**- An ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures. ☺

**Yoga**- A “mind, body” class involving slow movements and “postures”. Develop discipline, strength, balance and flexibility. ☺☺

**Yoga Sculpt**-A rigorous class set to energetic music. This class includes segments of yoga, traditional strength training and cardio workouts, it's stress relieving and fun! Like a sweaty party on your yoga mat! Come check it out! ☺☺☺

**Gentle Stretch Chair Yoga**-Focusing on a more gentle yoga flow series to reduce stress and achieve a peaceful & relaxed state of mind and body. Props can be used as we work gently through basic range of motion with strength, stretch & balance postures. Lots of options will be provided & beginners welcome!☺

**PiYo Strength**-Strength class blended with Yoga and Pilates movements to create a rhythmic flow of choreography to music. ☺☺

**Foam Roller** –stretching using the foam roller-Learn Self-massage and flexibility techniques☺

## Muscle Conditioning

**Core**- conditioning class primarily focuses on the abdominal/back. ☺☺

**CSI**- This class will utilize a wide variety of equipment with athletic based drills and skills. A high intensity workout- cardio/strength☺☺☺

**Group Strength**- A workout that builds strength/endurance. ☺☺

**Hard CORE Challenge**- Work your abdominal and back muscles hard. This class is advanced and will push you to limit. ☺☺☺

**Powercut** – Mix of cardio and toning exercises designed to get your heart pumping while working a variety of muscle groups. ☺☺

**Barre Bliss**-A full body bare foot sculpting class with ballet, pilates, stretching, & strength exercises using a chair & various exercise equipment☺☺

## Water Classes

**-Water Works**- A cardio and strength workout in the shallow end of the pool. ☺☺

**-Aqua Zumba®**- Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together. Safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. ☺☺

**-Aqua Splash**-a mix of cardio water dance and strength work- all in the water! great work out for all. ☺☺☺

**-Easy Water and Stretch**- An easy water class which will incorporate stretching and easy water movements.☺

**-Deep Water**- Limited to the deep end of the pool. Increase buoyancy, increase resistance, with decreased stability requiring the core muscles to work harder.☺

**-Raging Water** - Using the resistance of the current pool, you'll notice and increase need to work on your core. Focus on balance and increase your intensity.☺☺

## Silver Sneakers®

**Silver Sneakers®- Circuit**- Non-impact standing choreography alternated with safe, fun and effective exercises for upper body strength work. Chair for standing support “head to toe” stretch and complete relaxation in a comfortable position.☺ ☺

**Silver Sneakers® - Classic**-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 ball are offered for resistance; and a chair is used for seated and/or standing support. ☺

## Cardio

**Cycle** - Indoor cycling fun...BIG cardio workout that challenges both your aerobic and anaerobic energy systems and builds muscular power and endurance. ☺☺☺

**TurboKick®**- Kickboxing at its best. Choreographed to music. High energy cardio workout.☺☺ ☺

**Zumba®I**- Perfect for the beginner! Dance and have fun with easy to follow motivating, high-energy music and unique Latin style choreography☺☺-

**Zumba®II**- Dance away your worries with motivating, high-energy music and unique Latin style choreography. ☺☺☺☺

**Cardio Complete**- fitness class combines dance, strength training, Pilates, yoga and kickboxing, so you can get it all in one workout! The 1st 30 min is easy to follow dance cardio movements (High Impact and Low Impact is shown thru-out) the 2nd half is strength training. Dance and have fun to upbeat music and burn up to 600 calories in one 55-minute total body workout☺☺☺.

**Cardio Mix**- Variety of cardio types of classes-A great way to mix up your routine while getting a wonderful cardio workout.☺☺

**INSANITY®** - Get into shape in record time with Max Interval Training. You'll perform long bursts of high-intensity exercise,

followed by shorter periods of rest—the opposite of traditional cardio methods. You can burn up to 1,000 calories per workout, and get lean and ripped without any weights or equipment. This class is for anyone who is ready for a fitness challenge and wants to get into the best shape of their life. It's an advanced program that's meant to challenge even very fit athletes. But anyone can go at their own pace until they're ready to meet this ultimate challenge. ☺☺☺

**-Out Side Cycle Group**- Meet in front of the YMCA every Wednesday for a one hour guided bike ride. Course Map will be provided. Bring your own bike and helmets. REQUIRED. This ride is open to all YMCA members and non-members alike- no charge. This class will end mid October. ☺☺☺

**Rebounding**- This fun cardio class uses the “Rebounder”. Use gravity and the resistance of the bounding mat to move and fire up your cardiovascular system! Feel your cardio strength increase as you bound through this class.☺☺☺

**20/20/20**- A combination of all your favorite classes. This class will focus on two 20 minute cardio routines from bounding to dance and one 20 minute Strength/Conditioning routine. ☺☺

**Dance Fusion**- cardio workout that utilizes a mixture of pop, rock, country, world, and many more styles of music to get your body moving and your blood pumping! If you enjoy Zumba® this class will also be a favorite! Movement intensity will go from low to medium to high in several cycles throughout the class. All levels of fitness welcome. ☺-☺☺☺

## Other

**Family Fitness**- this class is designed for you and your preschool through school age children. Come enjoy some time together being active. Think of gym class with stretching and no rope burns- a fun class that could be different every time. ☺

**Baby and Me Fitness**-Get back to working out without having to leave your baby! Bring baby and stroller to the 3<sup>rd</sup> floor gym for 30 minutes of fun and fitness. ☺

**All classes begin with a warm up and end with a cool down and stretching. Most classes include abdominal work. Please make the instructor aware of any physical limitations you may have before the class. Remember to pace yourself and stay at your own level. Don't forget to drink plenty of water. Regular physical activity is necessary to develop and improve all components of fitness: cardiovascular, muscular endurance, strength, and flexibility. Classes are open to individuals 13 years of age and older. Athletic shoes and clothing are required.**

Low intensity ☺

Moderate intensity ☺☺

High intensity ☺☺☺