

# KOHL FAMILY YMCA GROUP EXERCISE SCHEDULE



UPDATED  
Spring 2024

## MONDAY

**Silver Sneakers  
Classic/Circuit**  
9:00-10:00 AM  
Mary

**Wildcard  
Workout**  
9:00-10:00 AM  
Leland

**Youth Boxing**  
5:00-6:00 PM  
Leland

**HIIT**  
5:15-6:00 PM  
Jeremy

**Boot Camp**  
6:15-7:00 PM  
Richard

## TUESDAY

**Silver Sneakers  
Classic/Circuit**  
9:00-10:00 AM  
Mary

**Line Dancing**  
11:00-12:30  
Tiana

**HIIT**  
12:00-12:45 PM  
Joe

**Silver Sneakers  
Classic**  
12:30-1:30 PM  
Mary

**Step Aerobics**  
5:15-6:00 PM  
Brittany  
**Tabata**  
6:15-7:00 PM  
Richard

## WEDNESDAY

**Silver Sneakers  
Classic/Circuit**  
9:00-10:00 AM  
Mary

**Wildcard  
Workout**  
9:00-10:00 AM  
Leland

**Youth Boxing**  
5:00-6:00 PM  
Leland

**HIIT**  
5:15-6:00  
Joe

**Cardio Variety**  
6:15-7:00 PM  
Laura

## THURSDAY

**Core  
Conditioning**  
6:00-7:00 AM  
Brian

**Silver Sneakers  
Classic/Circuit**  
9:00-10:00 AM  
Mary

**Line Dancing**  
11:00-12:30PM  
Tiana

**HIIT**  
12:00-12:45 PM  
June

**Silver Sneakers  
Classic**  
12:30-1:30 PM  
Mary

**KickBoxing**  
6:15-7:00 PM  
Laura F.

**Zumba**  
7:00-7:45 PM  
Lisa

## FRIDAY

**Yoga**  
6:30-7:15 AM  
Bassey & Andrea

**Silver Sneakers  
Classic/Yoga**  
9:00-10:00 AM  
Mary

**Wildcard  
Workout**  
9:00-10:00 AM  
Leland

## SATURDAY

**Cardio Variety**  
8:00-9:00 AM  
Laura

**HIIT**  
9:15-10:00 AM  
June

## SUNDAY

**No Classes**

### IMPORTANT INFORMATION

**PURPLE Classes** are in Gymnasium

**ORANGE Classes** are in Group X room

**PINK Classes** are in \*FTS or new room  
next to classroom (formerly spinning)

\*FTS=Functional Training space

# KOHL FAMILY YMCA GROUP EXERCISE SCHEDULE



UPDATED  
October 2023

## CLASS DESCRIPTIONS

**Beginner HIIT** is a high-intensity interval training (HIIT) workout that alternates periods of short, intense exercises with less-intense recovery periods.

**Beginner Step Aerobics** uses a bench and risers; you will step up and down and learn fun patterns to upbeat music for an energizing cardio workout.

**Bootcamp** is an action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training.

**Cardio Variety** is a multi-versatile class that offers a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

**Core Conditioning** works to tone and strengthen the mid-section by using effective abdominal, back and hip exercises.

**Functional Training** uses tires, medicine balls, hammers, you name it, to get a full-body, functional workout.

**Kickboxing** is a mixture of martial arts and boxing moves to get your heart pumping. Participants must bring their own gloves.

**Line Dancing** is a relaxed, fun and positive atmosphere to build a strong foundation.

**Masala Bhangra** incorporates Indian dance choreography and beautiful music appealing to those who like to dance their way into fitness.

**Pickleball** is a fun sport that combines many elements of tennis, badminton and ping-pong.

**Silver Sneakers Classic:** Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities, Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

**Silver Sneakers Circuit:** Designed for seniors who are ready to extend beyond Classic for an enhanced cardio workout.

**Silver Sneakers Yoga** will move your body through a series of seated yoga positions using chair support to increase flexibility and balance.

**Toning** emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

**Tabata** combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance (not recommended for pregnant women).

**Wildcard** is a walk on the wild side to mix up your workout! Wild card offers a new exercise each week! Wild Card exercises may include kickboxing, cycling, toning, jump rope and much more.

**Yoga** focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques. (Beginners), (Power), (Vinyasa or Hatha style).

**Zumba:** Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!