



Grand Lake Family YMCA

Group Fitness & Dance Schedule

UPSTAIRS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|---------------|---------------------------|-------------|---------------------------|------------------------|----------|
| 8:00-8:50am | Boom Move | | Boom Move | | Boom Move | |
| 8:30-9:20am | | Cardio & Strength Mash Up | | Cardio & Strength Mash Up | | |
| 9:00-9:50am | Tabata | | Body Sculpt | | Cardio/ Strength/ Step | |
| 9:30-10:20am | | | | | | Yoga |
| 10:30-11:20am | | Yoga | | Advanced Yoga | | BollyX |
| 4:30-5:20pm | | Kickboxing | | | | |
| 5:00-5:30pm | | | | Dance 2-3 yrs | | |
| 5:30-6:20pm | Advanced Yoga | Dance 4-5 yrs | Yoga | Dance 6-8 yrs | | |
| 6:30-7:20pm | Kickboxing | Dance 9-12 yrs | Zumba | Dance 13-18 yrs | | |
| 7:30-8:20pm | Body Sculpt | | | | | |

DOWNSTAIRS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|-------------------------|---------------------|------------------------|---|-------------------------|------------|
| 9:30-10:20am | Silver Sneakers Classic | SilverSneakers Yoga | SilverSneakers Classic | SilverSneakers Yoga | Silver Sneakers Classic | |
| 10:30-11:20am | Weight Circuit | | Weight Circuit | | | Mommy & Me |
| 11:30-12:20pm | | Tai Chi | | Tai Chi | | |
| 2:00-3:00pm | | | | **Parkinson's Support Group 2 nd Thursday of each month** | | |
| 3:00-4:00pm | | | | **Parkinson's Loud Crowd | | |
| 5:30-6:20pm | | SilverSneakers Yoga | | | | |

****Parkinson's Support Group** Contact Candy Brasel by text 281-704-6640 for more information.

Advanced Yoga – Kirsten Mustain

A class for students who are serious about taking their existing practice to the next level. Advanced poses including backbends and inversions will be covered. **Not appropriate for beginners or those with limited mobility.**

Body Sculpt– Cindy Grover

Strength training class using a barbell with light to moderate weights with a lot of repetition, Body Sculpt will give you a total body workout.

BollyX – Kirsten Mustain

High intensity full body cardio workout. Similar to Zumba, but with a more East Indian influence. Lots of wide squats and repetitive arm movements.

Boom Move – Debbie Creekmore

Move is a fun, dance-inspired workout. The class improves cardio fitness with easy-to-follow moves and energizing music. Last 20 minutes the emphasis is on strength and flexibility.

Cardio & Strength Mash Up – Debbie Creekmore

Circuit format class with a combination of cardio, strength, and flexibility. Can be adjusted to all fitness levels.

Cardio/Strength/Step – Becky Rutter

Combination of cardio and strength training incorporated with step aerobics. Step aerobics has all the benefits of high-intensity cardio workout without putting stress on your joints.

Kickboxing with Bags– Cindy Grover

Work your whole body with choreographed moves to fun, energetic music. Improve speed, strength, aerobic fitness, coordination, balance and reaction time in this class. You will also learn correct boxing techniques and positioning to make the most of your Cardio Kickboxing workout. It is recommended you bring your own boxing/mma gloves or wraps.

Mommy & Me – Brikky Hart

Not an exercise class but a movement class for both Mom and Child, with active stretches, free dance time and activate game time.

SilverSneakers® Classic – Debbie Creekmore

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities of daily living. A chair is used for seated and/or standing support.

SilverSneakers® Yoga – Jackie Kirby

The class 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 poses designed to increase flexibility, balance and range of movement.

Tabata – Rosetta Fahrlander

High intensity, low impact cardio class which is suitable for everyone as you will work at your own level of intensity, many of the exercises will be using your own body weight but additional tools, such as bands, balls and weights may be used.

Tai Chi – Kirsten Mustain

Gentle class based on the martial art of Tai Chi. It consists of ten Tai Chi "forms," practiced slowly to music, in addition to other gentle stretches and movements designed to enhance balance, mobility, strength and flexibility. Chairs are used for warm up and cooldown, and may also be used throughout the class for students with less mobility.

Weight Circuit–Debbie Creekmore

The class is held in the main area of the Y. Self-paced class with a workout provided or assistance with a program you are already doing.

Yoga – Kirsten Mustain

The class is based on Iyengar style yoga, with emphasis on alignment, building core, leg and arm strength. It is not a "flow" class. It is suitable for anyone who is able to get on the floor and stand up again with relative ease. All levels are welcome and modifications are offered if student is unable to do the "finished" form of the poses.

Zumba – Cindy Grover

The class combines high energy and motivating music with synchronized dance movements designed for any fitness level. Zumba incorporates Salsa, Hip-Hop, Merengue, Cha-Cha, Reggaeton, Belly dancing, Brazilian Funk and more in a cardio format that makes exercising fun.