



GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEOSHO FREEMAN FAMILY YMCA - EFFECTIVE SUMMER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 10:00 a.m. TOTAL BODY TONING Instructor: Courtney		9:00 – 10:00 a.m. TOTAL BODY TONING Instructor: Courtney		
10:00 – 10:30 a.m. LITY BALANCE/FLEXIBI Instructor: Courtney	10:30 – 11:30 a.m. SENIOR ELITE Instructor: Mike	10:00 – 10:30 a.m. CARDIO DRUMMING Instructor: Courtney	10:30 – 11:30 a.m. SENIOR ELITE Instructor: Mike	
11:30 a.m.-12:30 pm SILVERSNEAKERS Instructor: Kathie	11:30 a.m. – 12:30pm SILVERSNEAKERS YOGA Instructor: Kathie	11:30 a.m.-12:30 pm SILVERSNEAKERS Instructor: Kathie	11:30 a.m. – 12:30 pm SILVERSNEAKERS YOGA Instructor: Kathie	
5:30 – 6:15 p.m. YOGA WITH AUDREY Instructor: Audrey				
6:30 – 7:00 p.m. ZUMBA Instructor: Casey			6:30 – 7:30 p.m. REFIT Instructor: Makayla	

CLASS DESCRIPTIONS

BALANCE/FLEXIBILITY - This class is exactly what it sounds like. Tone the entire body, strengthen your core, and improve stability muscles all in one class!

CARDIO DRUMMING - is a fun and simple exercise that activates many muscles with high-intensity drumming movements.

HIIT - HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.

REFIT - With powerful moves and positive music, you'll discover an inspiring workout that changes your body, mind, and soul. This cardio-focused class is effective and FUN -- perfect for beginners and challenging for fitness enthusiasts.

SENIOR ELITE - Whether you're a Senior or getting close, Mike has the perfect program for you to be stronger, better, and more mobile.

SILVERSNEAKERS® CLASSIC - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living.

Hand-held weights, elastic tubing with handles, and SilverSneakers® balls are offered for resistance and a chair is used for seated and/or standing support.

SILVERSNEAKERS® 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 poses designed to increase flexibility, balance, and range of movement. Restorative exercises and final relaxation will promote stress reduction and mental clarity.

YOGA WITH AUDREY - Audrey guides you through movements and breathing associated with beginning yoga poses. A great way to improve overall health and fitness.

ZUMBA - This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will buoy you away!