



# Grand Lake Family YMCA

## Group Fitness Schedule

Effective February 5th, 2024

FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

### UPSTAIRS

	MON	TUES	WED	THURS	FRI	SAT
8:00am-8:50am	Boom Move		Boom Move		Boom Move	
8:30am-9:20am		Cardio & Strength Mash Up		Cardio & Strength Mash Up		
9:00am-9:50am	Tabata Time		Body Sculpt		Cardio/Strength/Step	
9:30am-10:20am						Yoga
10:00am-10:50am					Body Sculpt	
10:30am-11:20am		Yoga		Yoga		BollyX
5:00pm-5:25pm						
5:30pm-6:20pm	Yoga		Yoga			
6:30-7:20pm	Kickboxing			Zumba		
7:30pm-8:20pm	Body Sculpt					

### DOWNSTAIRS

	MON	TUES	WED	THURS	FRI	SAT
9:30am-10:20am	Silver Sneakers Classic	Silver Sneakers Yoga	Silver Sneakers Classic	Silver Sneakers Yoga	Silver Sneakers Classic	
11:30am-12:20pm		Tai Chi		Tai Chi		
2:00pm-3:00pm				**Parkinson's Support Group 2nd Thursday of each month		
3:00pm-4:00pm				**Parkinson's PWR! Moves & LOUD Crowd		

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

### Our Mission:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

### **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 emphasizes 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.

### **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 Time – 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", precited 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.

### **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, Cha-Cha, Reggaeton, Belly dancing, Brazilian Funk and more in a cardio format that makes exercising fun.