

# GROUP EXERCISE SCHEDULE

Neosho Freeman Family YMCA • Effective October 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00–10:00am <b>TOTAL BODY TONING</b> Instructor: Courtney		9:00–10:00am <b>TOTAL BODY TONING</b> Instructor: Courtney		
10:00–10:30am <b>BALANCE/FLEXIBILITY</b> Instructor: Courtney		10:00–10:30am <b>CARDIO DRUMMING</b> Instructor: Courtney		
10:30–11:00am <b>CARDIO DRUMMING</b> Instructor: Courtney  <b>AQUATIC COMBO</b> Instructor: Tracy	10:30–11:30am <b>SENIOR ELITE</b> Instructor: Mike	10:30–11:30am <b>AQUATIC COMBO</b> Instructor: Tracy	10:30–11:30am <b>SENIOR ELITE</b> Instructor: Mike	10:30–11:30am <b>AQUATIC COMBO</b> Instructor: Tracy
11:30am–12:30pm <b>SILVERSNEAKERS®</b> Instructor: Kathie	11:30am–12:30pm <b>SILVERSNEAKERS® YOGA</b> Instructor: Kathie	11:30am–12:30pm <b>SILVERSNEAKERS®</b> Instructor: Kathie	11:30am–12:30pm <b>SILVERSNEAKERS® YOGA</b> Instructor: Kathie	
5:30–6:15pm <b>YOGA WITH AUDREY</b> Instructor: Audrey				
6:30–7:00pm <b>ZUMBA</b> Instructor: Casey			6:30–7:30pm <b>REFIT</b> Instructor: Makayla	

## 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

This fun and simple exercise that activates many muscles with high-intensity drumming movements.

## HIIT

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

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 blow you away!

MEMBERS MAY USE THE STUDIO WHEN CLASS IS NOT IN SESSION.