

GROUP EXERCISE DESCRIPTIONS

Body Pump: An original Les Mills barbell workout that strengthens your entire body by challenging all your major muscle groups.

Cardio Boxing: Want to rid yourself of some frustrations & get a good workout all at once? Part boxing, part strength/cardio moves & ALL FUN!

Core Curriculum: Focus will be on strengthening the core muscle groups.

Cycling: Encounter slow climbs, short sprints, and recovery spins for a high calorie burning workout.

Dance with Ash 2.0: Rid yourself of frustrations, get a good workout and learn some new moves! Join our cardio-dance class!

GetFitZumba: This fitness class combines weights, core, cardio/dance & FUN!

HIIT: Exercise in a class that focuses on using High Intensity Interval Training to improve your cardiovascular endurance and strength.

HIIT 40 & Yolates: HIIT class designed with the exerciser over 40 in mind. To help stretch those muscles we will end with Yolates.

Mini Basic: This fun and challenging class offers a lot of variety for those looking to elevate their fitness level.

POUND: A full-body cardio jam session using lightly weighted drum sticks.

R.I.P.P.E.D.: The acronym describes the class: Resistance, Intervals, Power, Plyometrics, Endurance, Dynamic.

Step & Sculpt: A fun aerobic workout that features stepping on and off of an adjustable height platform.

Sunrise Sculpt: Shape your body through muscular strength, endurance and toning workouts. This is a total body sculpt using free weights, body weights and core exercises.

Weight Training: A quick and effective way to get your strength workout in!

XFit: Blend functional, smart training with an aggressive approach. Dynamic movement, kettleballs, medicine balls and more are part of this circuit-style total body workout.

Yoga: This class is designed to improve balance, posture and strength all while creating a strong lean body from the ground up.

Yolates: This mind/body class that combines yoga with Pilates for a tone, lean body.

Zumba: High energy routines feature aerobic activity, interval training and easy-to-follow movements and dance steps.

MEET OUR INSTRUCTORS

Michelle Anderson-POUND
Brooke Arthur-GetFitZumba, Zumba
Nancy Beavers-GetFitZumba, Zumba
Phil Beebe-Cardio Boxing
Kathy Butler-XFIT
Leah Combs-Mini Basic, Sunrise Sculpt
Haley Cook-GetFitZumba
Susie Delay-Cycling, HIIT
Carolyn Dickson-Yoga
Ashley Douglas-Dance with Ash 2.0
Stephanie Erwin-Body Pump, Mini Basic
Paige Fischer-Cycling, HIIT 40 & Yolates, Step & Sculpt, Yolates
Julie Hale-Mini Basic, Yolates
Cara Hartman-R.I.P.P.E.D.
Jennifer Hood-Step & Sculpt, Yolates
Ashley Huffman-Dance with Ash 2.0
Lisa Jackson-Zumba
Jennifer McGowan-Body Pump
Andrea Powers-R.I.P.P.E.D.
Jingzi Sherman-HIIT, Weight Training
Amy Stevens-Yolates
Ashley White-Cycling



**Henry
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For more information contact:
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Get Fit. Stay Strong.
GROUP EXERCISE



OCTOBER 2021 - GROUP EXERCISE SCHEDULE

Updated 9/29/2021

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
5:30AM-8:00AM Class times are as scheduled, unless otherwise noted in parenthesis.	SUNRISE SCULPT: A Leah (5:45am-6:15am)	CYCLING: MPR Ashley W (5:30am-6:30am)	SUNRISE SCULPT: A Leah (5:45am-6:15am)	CYCLING: MPR Ashley W (5:30am-6:30am)			
8:00AM-9:00AM							
9:00AM-10:00AM	R.I.P.P.E.D.: TC Andrea	R.I.P.P.E.D.: TC Cara HIIT40 & YOLATES: A Paige F. (9:00am-9:45am)	STEP & SCULPT: A Jennifer H. (9:00am-9:30am) YOLATES: A Jennifer H. (9:30am-10:00am) CYCLING: MPR Paige F. R.I.P.P.E.D.: TC Andrea	R.I.P.P.E.D.: TC Cara HIIT40 & YOLATES: A Paige F. (9:00am-9:45am)	MINI BASIC: A Julie (9:00am-9:30am) YOLATES: A Julie (9:30am-10:00am)	MINI BASIC: A Stephanie E. & Leah	
10:00AM-11:00AM	ZUMBA: A&B Nancy & Lisa	GETFITZUMBA: A&B Nancy & Haley	ZUMBA: A&B Nancy & Brooke & Lisa	GETFITZUMBA: A&B Nancy & Brooke	GETFITZUMBA: A&B Brooke	ZUMBA: A&B Nancy, Brooke & Lisa J. POUND: MPR Michelle	
11:00AM-5:30PM	DANCE WITH ASH 2.0: A&B Ashley H. & Ashley D. (4:30pm-5:30pm) HIIT: MPR Susie (4:30pm-5:15pm)		HIIT: A&B Susie (4:30pm-5:15pm)				POUND: A&B Michelle A. (2:30pm-3:30pm) YOGA: A&B Carolyn D. (3:30pm-4:30pm)
5:30PM-6:30PM	BODY PUMP: A&B Steph & Jen YOLATES: ZOOM Amy S.	CYCLING: MPR Susie HIIT: ZOOM Jingzi S. (6:00pm-6:30pm) <i>Begins Oct 19</i>	DANCE WITH ASH 2.0: A&B Ashley H. & Ashley D.	CYCLING: MPR Susie YOLATES: ZOOM Amy S.			
6:30PM-7:00PM	WEIGHT TRAINING: ZOOM Jingzi S. <i>Begins Oct 18</i>	POUND: A&B Michelle A. (6:30pm-7:30pm)		POUND: A&B Michelle A. (6:30pm-7:30pm)			
7:00PM-8:00PM	CARDIO BOXING: MPR Phil Beebe			XFit TC Kathy CARDIO BOXING: MPR Phil Beebe			

Class schedules and availability are subject to change without notice.

ZOOM invites can be found on our Group Exercise Facebook page.

Find the latest schedule updates on the DAXKO mobile app, our Facebook page and HenryCountyYMCA.org under "Health and Fitness."

Print schedules will be updated after the first of each month.

A: Studio A; B: Studio B; MPR: Multi-Purpose Room; C1: Court 1; C2: Court 2; C3: Court 3; TC: Training Center; ZOOM: Virtual.

(All group exercise classes are FREE to members over age 16 unless indicated as a "special event or fundraiser.")