






# LAND FITNESS SCHEDULE Begins October 30, 2023

More for your membership! ALL Group Exercise classes are included in your membership!

**Certified Fitness Instructors: Group Exercise Coordinator: Mickey Stewart**

Penny Birch/Justin D'Antonio/Dee Demby/Kimberly Donovan/Nichole Emerick/Jen Friel/Heather Gerlach  
Rochelle Graham/Penny Guiste/Sandy Ihlenfeld/Jamie Knauff/Barb Maxwell/Tammy McGaughey/Heidi Nicholls-Bowser  
Alice O'Melia/Evonne Patterson/April Payne/Mickey Stewart/Jake Taciuch/Bill Weber/Kati Weiland

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 7:00 AM	<b>ALL Weight Training</b> Tammy 1,2,3		<b>ALL Weight Training</b> Tammy 1,2,3			<b>7:15-8:15am ALL Weight Training</b> Rotation 1,2,3
SEE TIMES		<b>8:00-8:45am YOGA FOR ALL</b> Mickey		<b>7:00-7:45am T-45</b> Jamie 1,2,3	<b>8:00-9:00am YOGA FOR ALL</b> Mickey	<b>8:30-9:30am 20/20/20</b> Penny B., Jamie or Rochelle 1,2,3
8:50 AM - 9:50 AM		<b>ALL Weight Training</b> Sandy 1,2,3	<b>9:00-9:45am Functional Walk</b> Program Center Evonne 1,2,3	<b>ALL Weight Training</b> Sandy 1,2,3		
9:30 AM - 10:15 AM	<b>Classic Step Party</b> Heidi 1,2,3		<b>CORE WORX</b> Barb 2,3		<b>Step 45 Fun</b> Mickey 1,2,3	
10:00 AM - 10:45 AM	<b>10:45-11:30am BASIC YOGA FLOW</b> Program Ctr Dee	<b>Glute-Camp MaXX</b> Heidi 2,3	<b>10:30-11:00am BARRE</b> Barb 1,2,3	<b>BODY WORX</b> Barb 2,3	<b>10:30-11:15am Circuit Stations</b> Evonne/Nichole 2,3	
11:00 AM - 11:45 AM	<b>11:15a-12:00p BARRE</b> April/Nichole		<b>HATHA YOGA</b> Program Center Dee		<b>CHAIR YOGA</b> Program Center April	
11:30 AM - 12:30 PM		<b>Advanced Tai Chi</b> Bill *Fee Sept 26-Nov 7		<b>Advanced Tai Chi</b> Bill *Fee Sept 28-Nov 9		<b>1= Beginner</b> <b>2= Intermediate</b> <b>3= Advanced</b> <b>Numbers are a guide to let you know what to expect. Don't let a number keep you out of class! You can adjust your workout to what you like.</b>
12:00 PM - 12:30 PM	<b>Recover/Restore/Renew</b> April 1,2,3					
1:00 PM - 2:00 PM		<b>Beginner Tai Chi</b> Bill *Fee Sept 26-Nov 7		<b>Beginner Tai Chi</b> Bill *Fee Sept 28-Nov 9		
4:00 PM - 4:45 PM		<b>YOGA FOR ALL</b> Jen F.				
5:15 PM - 6:00 PM			<b>Classic Step Party</b> Sandy 1,2,3			
5:30 PM - 6:15 PM	<b>Pumped Up HIIT w/ Awesome Arms &amp; ABS</b> Penny 2,3	<b>STRENGTH 45</b> Nichole 1,2,3		<b>SHRED-X</b> Heidi 2,3		 <b>This symbol indicates the class will be held in the Program Center</b>
6:30 PM - 7:15 PM			<b>Cardio Dance Party</b> Kati 1,2,3		<b>Schedules available on our mobile app!</b> Download by searching Butler County Family YMCA	
6:30 PM - 7:30 PM	<b>FUNCTIONAL YOGA</b> Kimberly				Wellness classes can be strenuous. Please consult your physician. By participating in these classes, you indicate that you have no physical conditions or health problems.	

# FITNESS CLASS DESCRIPTIONS

**20/20/20** - This total body, fusion type class takes you through 20 minutes of cardio, 20 minutes of strength training and 20 minutes of dynamic core work!

**ALL Weight Training** - Class focuses on core stability & progression in strength training. All muscle groups are worked in each class. A variety of equipment is used and varies each week to continually challenge your body. Format is based on the latest science to effectively build strength and conditioning.

**Barre** - This is a safe, low impact program that will tone & strengthen your body. It is safe & effective for all fitness levels. Using a combination of postures inspired by ballet and other disciplines like yoga and pilates, the class will focus on strength training combined with range-of-motion movements.

**Basic Yoga Flow** - This class incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation and guided relaxation.

**BODY WORX** - A total body workout combining intervals of cardio & strength training. This 45-min workout will utilize various resistance equipment and dynamic full body exercises to make you sweat/sculpt from head to toe.

**Cardio Dance Party** - A mix of different cardio dance styles sure to get you movin' and groovin'!

**Chair Yoga** - Introductory class that will help you to increase flexibility, balance & range of motion while seated in a chair. If you can't stand for long periods of time or if you are recovering from injury, this is the class for you!

**Circuit Stations** - Level-UP your fitness with this circuit-based class that combines elements of HIIT along with strength training circuits that will bring your fitness to the NEXT LEVEL!

**Classic Step Party** - Dance party music and all of the classic step moves you love will give you a heart pumping and fat burning workout like you won't believe! Additional strength & core work round out this FUN workout!

**Core Worx** - This 45-minute class features intense **CORE ACTIVATION**, using both dynamic large muscle group exercises, plus targeted core strength and stability!

**Functional Walk** - This cardiovascular class has waking intervals, with differing paces/times along with functional body weight strength and standing core and balance work.

**Functional Yoga** - In order to move freely and easily, you need a combination of strength, suppleness, balance, and coordination. This class emphasizes correct form, mobility and strength over flexibility. We will also incorporate the mini ball to work our deep core muscles more efficiently and effectively.

**Glute-Camp MaXX** This is a high intensity workout that is specially designed to target the glutes and lower body. Dynamic exercises, Cardio H.I.I.T. training and targeted glute exercises will give you a BURN you will feel!

**Hatha Yoga** - Because of its slower pace, **Hatha** is a great class if you're just starting your **yoga** practice. Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

**Interval Strength** - This class will be time based (interval) strength training which can include body weight exercises as well as use of a variety of equipment, dumbbells, steps, ball, sliders etc. Similar to AWT, but time based rather than reps.

**Pumped UP HIIT w/Awesome Arms & ABS** - All you need is your BODY to CRUSH this full body HIIT workout! MAX results by pumping and building strength in record time! Finish with Awesome Arm & AB work!

**Recover/Restore/Renew** - Posture-improving, stability-increasing stretching. Give yourself some time to let those muscles recover. Great for all fitness levels. Must be able to work from the floor.

**Shred-X** - Experience the cardio-crushing benefits of HIIT training along with dynamic, total body strength exercises that will challenge you to the limit! Get it all done in this 45-minute class that changes each week!

**Step 45 FUN!** - combination of all step modalities...intervals/ combinations/ HIIT... whatever is fun!

**Strength 45** - Strength-based class using **foundations** of strength training taught by a Certified Personal Trainer. You will strengthen all major muscle groups through a full range of motion while also getting a heart-pumping 45 minutes of total body conditioning!

**T45** - A total 45-minute BLAST of Tabata HIIT training that incorporates major Cardio "heart-rate training" along with dynamic strength PLUS core strength and stability!

**Tai Chi (Beginner & Advanced)** - Tai Chi involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. Each posture flows into the next, ensuring constant motion. Fee applies, please register.

**Yoga For All** - All inclusive and accessible practice for everyone offering many options in all the poses.

## AGES 14 AND OLDER WELCOME! JUNIOR GROUP EXERCISE PARTICIPANT POLICY:

Ages 12-13 may attend adult classes with a parent.  
Youth must not be a distraction to the adult class.

## YMCA Contact information:

Membership & Healthy Living Director  
Heidi Nicholls Bowser  
Group Exercise Coordinator - Mickey Stewart