

# Class Descriptions

---

**20 / 20 / 20:** Total body workout with 20 minutes of cardio, 20 minutes of toning, 20 minutes of core work. Challenge yourself!

**Advanced Functional Training:** Designed for the advanced exerciser looking for results. Improve cardio function, muscular endurance and strength.

**Cardio Blast:** A fun way to get a cardio workout! Catering to any level of fitness and includes basic step, jogging, and other athletic drills for the ultimate cardio workout.

**Cardio Kickboxing:** Action packed class blending safety and techniques into a energizing, fat-burning workout.

**Cardio Pump/Body Work:** Using barbells, body bars and hand weights; these classes promise total body conditioning, strength, muscle toning and cardio workout.

**Cardio Step:** High intensity, choreographed step class that can be modified based on participant's level of fitness.

**Core and More:** This class will focus on sculpting your core but will also incorporate other strength-based exercises for your upper and lower body with use of the ball, weights, and power bars. All levels welcome.

**Gym Class:** Variety of high intensity, easy to follow, sports conditioning drills.

**Just Pump:** Focus on strength training using a variety of equipment. Intro class now available to get you started!

**Jump & Pump:** Challenge your body with strength training/weights mixed with shorter, aggressive bursts of cardio.

**Starter Fitness:** Ideal for beginners, seniors, pre-natal, or anyone who hasn't exercised in a while. Combines cardiovascular conditioning, muscle toning, strengthening and stretching.

**Power-Hour:** No Choreography allowed!! Perform athletic style drills (sprints, plyometrics, footwork, etc.) and utilize medicine balls, tubes, weights, rings, steps and more!

**Step Basics & Toning:** Learn basic step moves, get a great workout, and tone and strengthen your body.

**Strength & Stretch:** Increase muscle strength, range of motion and flexibility. All ages and levels are welcome.

**Total Body Toning:** Use tubing, dumbbells, body bars and medicine balls to achieve a total body toning experience.

**Triple Threat:** Get your three favorite workouts in one. Power Hour with a little Kick and a lot of core!!

**Yoga:** Transform your spirit, mind and body. Relaxing but invigorating classes promote inner calmness using breathing techniques, postures and stretching.

**Yoga/Pilates 'Fusion':** A fusion of moves borrowed from Yoga and Pilates to help you improve flexibility, strength and muscle tone. An emphasis on challenging the core muscles. Great for all levels! Try the mat or ball classes!

**Zumba®:** Latin/International music dance routines featuring rhythmic aerobic interval training and easy to follow dance steps that tone and sculpt the body. Intro class now available to help you get started.

---

## Did You Know?

- Schedule is subject to change on short notice. Please check bulletin boards/website for updates. Be a friend on Facebook to stay updated!
- Please do not enter class more than 10 minutes late or more than 10 minutes before the previous class is over. This is for your safety and for the safety of other participants.
- Be sure to bring water and a towel to all classes!
- Participants must be at least 14 yrs old to participate in Group Exercise classes that utilize barbells. Members ages 10-13 must be accompanied by a parent to class. Great family activity!
- All classes are held in the downstairs Group Exercise Studio unless otherwise noted. "MP-A & B" are Multi-Purpose rooms upstairs and "MA" is the Martial Arts room located downstairs.
- Active Older Adult/SilverSneakers® class schedules are available in the lobby/website!



# GROUP EXERCISE SCHEDULE

Beaumont Centre Family YMCA  
[www.ymcaofcentralky.org](http://www.ymcaofcentralky.org)

Winter 2012  
Effective  
January 2

## Group Exercise Classes—FREE for YMCA members!

Monday	Class	Level	Inst.
8:55-9:50am	Triple Threat	Int/Adv	Pam
10:00-11:00am	Step Basics and Toning	Beg/Int	Liz T.
11:45-12:45pm	Strength & Stretch	Beg	George
4:30-5:30pm	Cardio Step	Int/Adv	Debbie
5:45-6:45pm	20/20/20	Int	Heather
6:00-6:50pm	Total Body Toning (MP-A & B)	Int	Robin
7:00-7:50pm	Zumba®	All	Shayla

Wednesday	Class	Level	Inst.
8:55-9:50am	Cardio Kickboxing	Int/Adv	Pam
9:15-10:15am	Yoga/Pilates - Ball (MA)	Beg	Karen
10:00-11:00am	Zumba®	All	Emily H.
11:45-12:45pm	Strength & Stretch	Beg	George
4:30-5:30pm	Cardio Pump	Beg/Int	Debbie
5:30-6:30pm	Yoga/Pilates - Mat (MP-A)	All	Emily O.
5:45-6:45pm	Adv. Functional Training	Adv	Taylor
7:00-7:50pm	Intro to Zumba	Intro	Emily O.
7:00-7:50pm	Yoga/Pilates - Ball (MA)	Beg	Deb G.

Friday	Class	Level	Inst.
9:00-10:00am	Cardio Step	Int/Adv	Debbie
10:15-11:15am	Power Hour	Int/Adv	Pam
11:15-12:05pm	Yoga/Pilates-Mat (MA)	All	Alicia
Sunday	Class	Level	Inst.
2:00-3:00pm	Adv. Functional Training	Adv	Taylor
3:00-4:00pm	Cardio Step & Core	Int	Holly
4:05-5:05pm	Yoga (MA)	All	Josette

Tuesday	Class	Level	Inst.
5:50-6:50am	Power Hour	Int/Adv	Heather
8:30-9:20am	Cardio Blast	All	Debbie
9:25-10:25am	Body Work	Int	Pem
10:35-11:25am	Starter Fitness	Beg	Laura
11:05-12:00pm	Yoga (MA)	All	Karin
4:30-5:30pm	Cardio Step	Int/Adv	Debbie
5:45-6:45pm	Cardio Pump	Int/Adv	Alisha
6:45-7:45pm	NEW! Yoga (MP-A)	Beg/Int	Angie S
7:00-7:50pm	Zumba®	All	Shayla/Elizabeth

Thursday	Class	Level	Inst.
5:50-6:40am	Jump and Pump!	Int/Adv	Alicia
8:30-9:20am	Cardio Blast	All	Debbie
9:15-10:15am	Yoga/Pilates - Ball (MA)	Int/Adv	Sarah
9:25-10:15am	Just Pump & Abs	Int	Debbie
10:25-11:15am	Starter Fitness	Beg	Nicole
11:05-12:00pm	Yoga (MA)	All	Karin
11:20-12:20pm	Zumba®	All	Jenni
5:00-5:50pm	Intro to Just Pump	Intro	Holly
6:00-6:55pm	20/20/20	Int	Alisha
7:00-7:50pm	Zumba®	All	Elizabeth

Saturday	Class	Level	Inst.
8:25-9:00am	Gym Class	All	Liz C.
8:30-9:30am	Total Body Toning (MP-A)	All	Debbie
9:00-9:50am	Just Pump	Int/Adv	Liz C.
10:00-10:55am	Cardio Pump	Int	Charlotte/ Tabitha
10:30-11:00pm	NEW!Core and More (MP-A)	All	Alicia

**REMINDER:** It is wise to CONSULT your doctor before beginning an exercise program. Always LISTEN to your body, pace yourself and slow down when needed, then GRADUALLY increase when ready.