



Irsay Family YMCA Class Schedule: Y+STUDIO

Effective: July 21, 2020

MONDAY Hours: 5am –8pm	TUESDAY Hours: 5am –8pm	WEDNESDAY Hours: 5am –8pm	THURSDAY Hours: 5am –8pm	FRIDAY Hours: 5am –8pm	SATURDAY Hours: 7am –7pm
5:15—6am Team Power: Push Power Pull w/ Tyler		5:15—6am Team Strength w/ Tyler		5:15—6am Team Training: MX4 w/ Tyler	9—10am Team Power: Push Power Pull w/ Tyler
9:30—10:30am Vinyasa Yoga w/ Natalie	7—8am Warm Pilates w/ Samantha		7—8am Warm Yoga w/ Charlotte		
11—12pm Yoga—Intro w/ Natalie	10:30—11:30 am Hot Pilates w/ Ann		10:30—11:30 am Hot Pilates w/ Ann	9-10am Mat Pilates w/ Samantha	10:30—11:15am Team Strength w/ Tyler
12 - 1pm Team Combat: TKO w/ Shyla	12 - 1pm Team Training: MX4 w/ Abbie	12—12:45pm Team Strength w/ Shyla	12 - 1pm Team Training: MX4 w/ Abbie	12 - 1pm Team Combat: TKO w/ Shyla	
	12—1 pm Hot Yoga w/ Ann	12-1pm Yoga—Intro w/ Mariah	12—1 pm Hot Yoga w/ Ann		
					SUNDAY Hours: 11am –7pm
4:30—5:30 pm Power Pilates w/ Ann	5—6pm Warm Yoga w/ Natalie			5—6pm Vinyasa Yoga w/ Charlotte	
5:30—6:30pm Team Training: MX4 w/ Brandon	5:15—6pm Team Power: Push Power Pull w/ Austin	5:30—6:30pm Team Training: MX4 w/ Brandon	5:15—6pm Team Power: Push Power Pull w/ Austin	5:30—6:30pm Team Training: mashup w/ Taj	4:30—5:30pm Yoga—Intro w/ Charlotte
6—7:15pm Vinyasa Yoga w/ Ann	6:30—7:45pm Hot Yoga w/ Natalie				

CLASS FORMAT COLOR CODE:

- HEATED CLASSES**
- SMALL GROUP TRAINING**
- MIND & BODY**

+ STUDIO PRICING: \$45/MTH. FOR UNLIMITED CLASSES

CLASSES ARE HELD IN THE THIRD FLOOR PERFORMANCE STUDIO AND THE YOGA STUDIO.

CLASSES ARE SUBJECT TO CHANGE. PLEASE STAY UP-TO-DATE WITH US ON FACEBOOK, MINDBODY AND/OR ONLINE AT INDYMCA.ORG/IRSAY



RESERVE YOUR SPOT IN ANY Y+STUDIO CLASS, BY USING THE **MINDBODY APP**. (available on Android & Apple)

NEXT LEVEL MEMBERSHIP— Y+STUDIO

PRICING: \$45/MONTH FOR UNLIMITED CLASSES

SMALL GROUP TRAINING

TEAM TRAINING Powered by: MX4

Experience a unique small group training program that addresses all four aspects of fitness — cardio, power, strength and endurance. MX4 is a time based group circuit that provides you with the most effective workout possible. Participants can expect the following in these efficient high intensity workouts: 60 minute workout, increased muscular strength and endurance, enhanced accountability and support and camaraderie of a team environment!

TEAM COMBAT Powered by: TKO Boxing Circuit

Train like a champion with TKO, our one-of-a-kind boxing class that follows a set series of drills to challenge cardio capacity & strength, and will improve speed, power, balance and flexibility. TKO is a complete mix of upper and lower body exercise routines, that combines boxing, kickboxing, martial arts, and body-weight combinations with the use of heavy bags and partner work. This class is great for cross training and will provide a unique mix of functional training and cardio that challenges the entire body. Gloves will be provided but we do encourage you to bring your own and wraps.

TEAM POWER Powered by: PUSH POWER PULL

A mixture of High Intensity Interval Training (HIIT), cardio-centric conditioning, and strength & endurance, to challenge your system. You will alternate between “push”, “power” and “pull” movements. These exercises will challenge you to increase your strength and cardio conditioning through dynamic functional movements that challenge opposing muscles. Each week, we will utilize a wide array of functional training equipment in the Performance Studio to build challenging, safe workouts. Your trainer will help you master the correct form while motivating you to increase weight or repetitions, helping enable you to safely and effectively push your fitness to the next level.

TEAM STRENGTH

Take your training up a notch with this strength training format. Designed to improve strength, and to focus on form and technique. Incorporate weight lifting and along with a variety of strength protocols (i.e. Super Sets, Pyramids, tempo, etc.). This class will focus on reps and sets.

MIND & BODY CLASSES

PILATES: a method of body conditioning designed to stretch and strengthen the body through a series of unique exercises. Pilates is designed to target the core but additional benefits include strengthening and toning the muscles while improving posture, flexibility and balance

BARRE (non-heated): this class combines attributes of Pilates, dance and functional fitness training. This class will incorporate small isolated movement to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count.

CHAIR YOGA: A yoga class designed for ALL participants. This class focuses on poses and postures to improve breathing, flexibility, balance, muscular strength and endurance and joint range of motion with the chair for seated and standing.

INTRO YOGA: This class is designed as an introduction to the practice of yoga. Class is slower paced than an all-levels class, and focused on developing clear and safe alignment in foundational poses.

VINYASA YOGA: A moderately paced class where students continue to build awareness, strength, skill, and focus. Vinyasa (also called Flow) classes maintain awareness and focus on the breath while moving through a series of postures.

POWER YOGA: For intermediate to advanced fitness levels. This class combines breathing techniques with balance and postural exercises in sequence for a more intense workout. A rigorous workout that develops strength, flexibility, and helps create a lean, total body while keeping students on the move.

YIN YOGA: a slow style of yoga that targets the body's dense connective tissues through long-held, meditative floor poses. The postures are typically held between one and five minutes. This practice is particularly effective for people wanting to address chronic tightness in their hips and shoulders.

HEATED CLASSES

HOT YOGA: a therapeutic vinyasa yoga class done in a room heated up to approximately 96 degrees, which helps to boost circulation, relax the muscles, and improve mobility to stiff joints. Vinyasa is a series of 26 flowing postures/movements that are synchronized with the breath. Please be prepared to sweat and remember to hydrate before and after class.

WARM YOGA: a slower paced yoga class for all levels, especially those new to hot yoga classes. The studio is warmed up to 86 degrees, to help relax the body, allowing the muscles to lengthen and stretch. This class allows you to work at your own pace while encouraging exploration of new asanas to enhance your practice. Please be prepared to sweat and remember to hydrate before and after class.

HOT PILATES: a Pilates class that blends the elements of traditional mat Pilates with the principles of High Intensity Interval Training (HIIT). Class is done in a heated room of up to approximately 96 degrees, this allows to stretch, strengthen, and sculpt the body as well as challenge and strengthen the cardiovascular system. It is designed for all fitness levels. Please be prepared to sweat and remember to hydrate before and after class.

WARM PILATES: is a slower paced Pilates class for all levels, especially those new to heated classes. The studio is warmed up to 86 degrees to help relax the body, allowing the muscles to lengthen and stretch. Exercises combined with heat will help strengthen the body's core by developing pelvic and scapula stability, and abdominal control.

HOT POWER FUSION: A blend of balance, strength and flexibility, Hot Power Fusion combines the meditative, detoxifying qualities of hot yoga with components of strength training and the intensity of power Pilates & yoga to help you deepen your yoga practice. Set to motivating music, you'll focus on yoga postures that open the shoulders, hips and spine while strengthening your core and upper body.

BARRE BURN: a Vigorous 60 minute class targeting upper body, abdominals, thighs and glutes. Barre fuses elements of Yoga, Pilates, and Ballet inspired movements with stretching that will help create long and lean muscles. This workout is done in a safe, heated environment of up to 92 degrees. All levels welcomed. Please be prepared to sweat and remember to hydrate before and after class.

EGYM PREMIUM

Equipment-based, individually-customized exercises on specialty equipment. (Located in the Wellness Center.)

With premium you will get access to “Adaptive” and “Explonic” training to the base-level “Regular” and “Negative” eGym workouts.

Currently offered at the Baxter Y, Fishers Y, Irsay Family Y at CityWay, and Ransburg Y