



GROUP EXERCISE SCHEDULE Jan 4–Jan 31 HENDRICKS REGIONAL HEALTH YMCA

Stage 4

TO RESERVE A SPOT IN CLASS PLEASE DOWNLOAD THE "YMCA OF GREATER INDIANAPOLIS" APP.
22 people max in MP1 & MP2 GX classes, 40 people max in Gym classes

MON	TUE	WED	THURS	FRI	SAT	SUN
PLAY & LEARN: 8am-12pm, 4-8pm	PLAY & LEARN: 8am-12pm, 4-8pm	PLAY & LEARN: 8am-12pm, 4-8pm	PLAY & LEARN: 8am-12pm, 4-8pm	PLAY & LEARN: 8am-12pm	PLAY & LEARN: 8am-12pm	PLAY & LEARN: CLOSED
5:15-6:15am LM BodyPump™ MP1	5:15-6am Cycle MP2, Michele	5:15-6:15am LM BodyPump™ MP1, Amy		5:15-6:15am LM BodyPump™ MP1		
6:45-7:45am LM Combat MP1	5:15-6:15am LM Combat MP1	6:45-7:45am LM Body Flow MP1	5:15-6:15am LM Combat MP1	6:45-7:45am LM Combat MP1	7:30-8am LM Grit Athletic MP1	
8:15-9am L.I.F.E. MP1, Lisa G.	8:15-8:45am CX Worx MP1	8:15-9am LM Combat MP1	8:15-8:45am CX Worx MP1	8:15-9am L.I.F.E. MP1, Lisa G.	8:15-8:45am LM Grit Strength MP1	
		9-10:15am \$ PAID Yoga \$ MP2, Alli	9-10:15am \$PAID Yoga\$ MP2, Rachel		8:30-9:15am Cycle MP2, Varies	
9:30-10:15am Cycle MP2, Monica	9:15-10:15am LM Sh'Bam MP1	9:15-10:15am LM BodyPump™ MP1, Lisa	9:15-10:15am Cardio Dance MP1, Julie	9:30-10:15am Cycle MP2, Monica	9:00-10:00am STRONG NATION MP1, Amber	
9:30-10:30am LM BodyPump™ MP1, Lisa	9:30-10:15am LM BodyAttack™ GYM, Rachel		9:30-10:15am LM BodyAttack™ GYM, Lisa	9:30-10:30am LM BodyPump™ MP1, Libby	10:00-11:15am \$PAID Yoga\$ MP2, Tressa	
	10:30-11:30am LM Body Flow MP1, Lisa	10:30-11:15am Chair Yoga MP1, Alli	10:30-11:30am LM Body Flow MP1		10:15-11:15am Zumba® MP1, Amber	11:15-11:45am LM Barre MP1
10:45-11:30am SS Stability MP1, Barb	12pm-12:45pm Chair Yoga MP1, Rachel	10:45-11:15am HIIT MP2, Amber		10:45-11:30am SS Classic MP1, Barb	11:30-12:30pm LM BodyPump™ MP1	12-12:45pm LM Combat MP1
12-12:30pm LM Barre MP1		12:15-12:45pm LM Grit Athletic MP1		12-12:30pm LM Body Flow MP1	12:45-1:15pm LM Barre MP1	
1-2:00pm LM BodyPump™ MP1	1-2:00pm LM Combat MP1	1-2:00pm LM BodyPump™ MP1	3:15-3:45pm CX Worx MP1	1-2:00pm LM BodyPump™ MP1	1:30-2:30pm LM Body Flow MP1	1-2:00pm LM BodyPump™ MP1
3:15-4:00pm LM BodyPump™ MP1	3:15-3:45pm CX Worx MP1	3:15-3:45pm LM Grit Strength MP1	4-4:45pm LM BodyPump™ MP1	3:15-4:00pm LM BodyPump™ MP1	3:15-4:00pm LM Combat MP1	3:15-4:15pm LM Body Flow MP1
4:15-4:45 pm LM Grit Cardio MP1	4-4:45pm LM BodyPump™ MP1		5-5:30pm LM Barre MP1	4:15-4:45pm LM Grit Athletic MP1	4:15-5:00pm LM BodyPump™ MP1	4-5:15pm \$PAID Yoga\$ MP2, Nikki 1st & 3rd/Month
5:15-6:30pm \$ PAID Yoga \$ MP2, Alli	5-5:30pm LM Barre MP1		5:30-6:15pm LM BodyAttack™ GYM, Michelle			4:30-5:00pm LM Barre MP1
5:30-6:30pm LM BodyPump MP1, Dave	5:30-6:15pm STRONG NATION GYM, Amber	5:30-6:30pm LM Body Flow MP1, Lisa/Amy	6-7:00pm LM BodyPump™ MP1, Suzy	5:30-6:30pm LM BodyPump™ MP1		
6:15-7:15pm Turbokick GYM, Jennifer	6-7:00pm LM BodyPump™ MP1, Suzy		6:30-7:15pm Cycle MP2, Karen	6:45-7:05pm LM Body Flow MP1		
6:45-7:45pm Zumba® MP1, Jamie/Holly	6:30-7:15pm Cycle MP2, Aimee	6:45-7:45pm Zumba® MP1, Amber				
	7:15-7:45pm LM Combat MP1		7:15-8:15pm Zumba® MP1, Jamie			

CLASS COLOR CODE:

- CARDIO
- DANCE
- STRENGTH
- AOA (Active Older Adults)
- MIND /BODY
- CYCLE
- VIRTUAL CLASS
- MASK ESSENTIAL CLASS



CLASS DESCRIPTIONS

LIGHT to MODERATE INTENSITY

L.I.F.E. This class will focus on building strength and cardio all the while burning calories.

CHAIR YOGA: A yoga class designed for ALL participants. This class focuses on postures to improve breathing, flexibility, balance, muscular strength and endurance. Increase joint range of motion as this class moves you through standing and seated postures.

SILVER SNEAKERS (SS) STABILITY: designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level.

SILVER SNEAKERS (SS) CLASSIC: Designed to increase muscle strength, range of movement and activities for daily living.

MODERATE to VIGOROUS INTENSITY

CARDIO DANCE: A cardio workout with the latest and greatest tunes and moves used to dance your entire body into fitness.

CYCLE: Who thought riding a bike would be this much fun? Enjoy a great workout on our cycle bikes. Each instructor brings their own flair, so try them all to find your best fit. Instructors welcome first time riders.

LM BARRE: A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LM BODY FLOW: Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body, and life.

LM COMBAT: Get fast and strong using non-contact martial arts inspired exercises to fuel cardio fitness and train the whole body.

LM Sh'BAM: Fun loving and insanely addictive dance workout. No dance experience required!

TURBO KICK@: With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes! It's high intensity and totally addicting!

ZUMBA@: Zumba means "to move fast and have fun!" This energizing Latin-inspired fusion workout is the latest fitness phenomenon! A Latin, dance-inspired aerobic PARTY!

CARDIO TRAINING: Class will raise your heartrate as you work up your cardio stamina.

CX WORX: 30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

VIGOROUS to MAX INTENSITY

LM GRIT ATHLETIC: 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete.

LM GRIT CARDIO: 30 minute high-intensity interval training (HIIT) workout designed to improve strength and build lean muscle.

LesMills BODY PUMP@: Get lean, build strength and tone muscle with *BODYPUMP*, a full body weights workout for all your major muscle groups

LesMills BODY ATTACK: high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

STRONG NATION: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been designed to match every single move.

If you have any questions, please contact Rachel Raymond, Group Exercise Coordinator at 317. 204.1912 or via e-mail at rraymond@indymca.org