



# Y+STUDIO CLASS SCHEDULE — May 2021

## HENDRICKS REGIONAL HEALTH YMCA

The YMCA's Y+Studio Membership upgrade is for people who want an all-inclusive approach to their training. Small Group Training is led by Certified Trainers who serve as "coaches" to challenge small teams of 6-12 people to achieve a higher level of fitness through science-based, month-long, progressive training using circuit, interval and cardio equipment. The YMCA's Yoga programs are taught by highly qualified certified Yoga Instructors who can help clients work on flexibility, strength, mobility and making the mind body connection.

MON	TUE	WED	THUR	FRI	SAT
6-6:45 AM <b>T.E.A.M. Training</b> Dave, Wellness Center	5:15-6 AM <b>T.E.A.M. Combat</b> Jen, Rockwall Room	6-6:45 AM <b>T.E.A.M. Training</b> Dave, Wellness Center	5:15-6 AM <b>T.E.A.M. Combat</b> Jen, Rockwall Room		9-9:45 AM <b>T.E.A.M. Training</b> Stephanie, Wellness Center
	7-8 AM <b>Vinyasa Yoga</b> Tara/Rachel/ MP2	9-10:15 AM <b>Gentle Yoga</b> Alli, MP2	8:30-9:30 AM <b>Yin Yoga</b> Nikki, MP2	9-10 AM <b>T.E.A.M. Active</b> Barb, Wellness Center	10-11:15 AM <b>Power Yoga</b> Tressa, MP2
12-1 PM <b>T.E.A.M. Active</b> Lisa, Wellness Center	12-12:45 PM <b>T.E.A.M. Training</b> Lisa, Wellness Center	10-10:45 AM <b>T.E.A.M. Training</b> Stephanie. Wellness Center		12-12:45 PM <b>T.E.A.M. Strength</b> Kyle, Wellness Center	<b>SUN</b>
5:15-6:30 PM <b>Vinyasa Yoga</b> Alli, MP2		12-1 PM <b>T.E.A.M. Active</b> Lisa, Wellness Center	5-5:45 PM <b>TEEN</b> <b>T.E.A.M. Combat</b> Jen, Rockwall Room Ages 13-16		3-4:15 PM <b>Gentle Yoga</b> Nikki and Tara, MP2
5-5:45 PM <b>TEEN</b> <b>T.E.A.M. Training</b> Jenn, Wellness Ages 13-16	6-6:45 PM <b>T.E.A.M. Combat</b> Jen, Rockwall Room	6:15-7:15 PM <b>Vinyasa Yoga</b> Tressa, MP2	6-6:45 PM <b>T.E.A.M. Combat</b> Jen, Rockwall Room		

**CLASS COLOR CODE:**

- COMBAT
- HIIT
- MIND BODY
- STRENGTH
- ACTIVE LIVING

**Y Members:** \$45/month

**Drop-in:** \$15/class

Y+STUDIO Memberships are for YMCA Members only

**MEMBERS TRYING A Y+STUDIO CLASS FOR THE FIRST TIME CAN ATTEND ONE FOR FREE!**

**Workouts are limited and are on a first come, first served basis.**

For more information, please contact Jennifer Navara at [jnavara@indymca.org](mailto:jnavara@indymca.org)



## CLASS DESCRIPTIONS

<b>MIND/BODY</b>	
<b>Vinyasa Yoga</b>	A moderately paced class where students continue to build awareness, strength, skill and focus. Vinyasa, also called Flow, means to move seamlessly from one pose to another with the breath. Seated postures or asanas will also be practiced. Appropriate for all levels.
<b>Power Yoga</b>	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. Ideal for intermediate to advanced students but safe for all levels.
<b>Yin Yoga</b>	A slower style of yoga that targets the body's dense connective tissue through longer held, meditative standing and seated postures. These are typically held between 1-5 minutes and a great practice for students with tight shoulders and hips.
<b>Gentle Yoga</b>	Class will focus on a slower flow and softer approach as students focus on supported and relaxing postures. A great class to relieve stress and anxiety creating a sense of inner calm and peace.
<b>COMBAT</b>	
<b>T.E.A.M. Combat</b>	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.
<b>HIIT</b>	
<b>T.E.A.M. Training</b>	Setting the stage for a well rounded program fueled by MX4 and Synergy, this high-intensity circuit format will develop all key areas of fitness: Strength, Cardiovascular and Flexibility, creating a great foundation to build your personalized SGT Experience.
<b>STRENGTH</b>	
<b>T.E.A.M. Strength</b>	Designed to improve strength. Take your training up a notch with this combination-style muscle-strength/muscle endurance format. Incorporate Olympic-style weight lifting while learning proper technique and form.
<b>ACTIVE LIVING (ACTIVE OLDER ADULTS)</b>	
<b>T.E.A.M. Active</b>	Specifically created for older adults and health seekers working to move more while focusing on Strength, Balance, Bone Density, and Range of motion.