



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Aquatics Schedule

BARREN COUNTY FAMILY YMCA

Fall 2016

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>8:00AM-9:00AM</u>	<u>8:00AM-9:00AM</u>	<u>8:00AM-9:00AM</u>	<u>8:00AM-9:00AM</u>	<u>8:00AM-9:00AM</u>
Aquarobics	Arthritis	Aquarobics	Arthritis	Aquarobics
Shallow Water	Shallow Water	Shallow Water	Shallow Water	Shallow Water
Cathy	Cindy	Monica	Cindy	Monica
<u>9:00AM-10:00AM</u>	<u>9:00AM-10:00AM</u>	<u>9:00AM-10:00AM</u>	<u>9:00AM-10:00AM</u>	<u>9:00AM-10:00AM</u>
Aquarobics	Tread-N-Shed	Aquarobics	Tread-N-Shed	Aquarobics
Shallow Water	Deep Water	Shallow Water	Deep Water	Shallow Water
Cathy	Cindy	Monica	Cindy	Monica
<u>1:00PM-2:00PM</u>		<u>1:00PM-2:00PM</u>		<u>1:00PM-2:00PM</u>
Arthritis		Arthritis		Arthritis
Shallow Water		Shallow Water		Shallow Water
Julia		Julia		Julia
<u>5:30PM-6:30PM</u>	<u>5:30PM-6:30PM</u>	<u>5:30PM-6:30PM</u>	<u>5:30PM-6:30PM</u>	
Aqua Zumba	Tread-N-Shed	Aqua Zumba	Tread-N-Shed	
Shallow Water	Deep Water	Shallow Water	Deep Water	
Melissa	Carol	Melissa	Carol	

BARREN COUNTY FAMILY YMCA

1 YMCA Way Glasgow, KY 42141

P: 270-651-9622

F: 270-651-4986

www.barrencountyyymca.org



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www.barrencountnymca.org

Group Land Class Schedule

SPRING 2017

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>5:30AM-6:15AM</u>		<u>5:30AM-6:15AM</u>		<u>5:30AM-6:15AM</u>		
Cycling Peggy		Cycling Tara		Cycling Jenn Tank		
<u>6:45AM-7:45AM</u>		<u>6:45AM-7:45AM</u>		<u>6:45AM-7:45AM</u>		
Gentle Yoga Peggy		Active Yoga Peggy		Gentle Yoga Peggy		
<u>8:15AM-9:00AM</u>	<u>8:15AM-9:00AM</u>	<u>8:15AM-9:00AM</u>	<u>8:15AM-9:00AM</u>	<u>8:15AM-9:00AM</u>	<u>8:00AM-8:45AM</u>	
	TRX Tina/Fallis	Weights & More Lindy	BOOTCAMP Fallis	Turbo Kick Laura	Zumba Nikki/Marla/Roxanne	
Cycling Mary P.	Cycling Jenny	Cycling Tina	Cycling Jenny/Tina	Cycling Jenny/Tina	Cycling Kerry/Leslie/Jen Tank	
<u>9:15AM-10:00AM</u>	<u>9:15AM-10:00AM</u>	<u>9:15AM-10:15AM</u>	<u>9:15AM-10:00AM</u>	<u>9:15AM-10:00AM</u>	<u>9:00AM-10:00AM</u>	
Hawaiian Step Lindy	Easy Stretch Terry	Enhanced Fitness Debbie	Easy Stretch Terry	Pilates & More Pamela	Yoga Mary	
<u>10:15AM-11:05AM</u>	<u>10:15AM-11:05AM</u>	<u>9:15AM-10:00AM</u>	<u>10:15AM-11:05AM</u>	<u>10:15AM-11:05AM</u>	<u>10:00AM-10:45AM</u>	<u>2:15PM-3:15PM</u>
Silver Sneakers Yoga Terry	Silver Sneakers Donita	Pilates Mary E.	Silver Sneakers Donita	Prime Time Sculpt Donita	Barbell & Kettlebells Jason	Zumba Toning Roxanne
Prime Time Sculpt Donita		<u>10:15AM-11:15AM</u>		<u>11:00AM-12:00PM</u>	<u>11:00AM-11:45AM</u>	
		Restorative Yoga Mary E.		Enhanced Fitness Debbie	**TRX** Jason	<u>3:30PM-4:30PM</u>
<u>11:00AM-12:00PM</u>	<u>4:30PM-5:15PM</u>	<u>10:15AM-11:15AM</u>	<u>4:30PM-5:30PM</u>			Zumba Nikki/Marla
Enhanced Fitness Debbie	Strength Training w/Weights Jason	Easy Stretch Terry	Yoga Mary /E			
<u>4:30PM-5:30PM</u>		<u>4:30PM-5:15PM</u>				
Outdoor Bootcamp Debbie		Total Body Workout Sherri				
<u>5:30PM-6:30PM</u>	<u>5:30PM-6:30PM</u>	<u>5:30PM-6:30PM</u>	<u>5:00PM-5:45PM</u>			
Insanity Jason	Zumba Nikki/Marla	Insanity Jason	Cycling Treva			
<u>5:15PM-6:00PM</u>	<u>5:30PM-6:15PM</u>	<u>5:30PM-6:15PM</u>	<u>5:40PM-6:40PM</u>	<u>5:30PM-6:30PM</u>		
Cycling Leslie	Cycling Jessica	Cycling Ladonna	Step It Up Fallis	Zumba Cassandra		
<u>6:30PM-7:30PM</u>	<u>6:30PM-7:30PM</u>	<u>6:30PM-7:30PM</u>				
Zumba Nikki	Amazing Abs Jason	Zumba Marla				

****Participants must sign up in order to participate in these classes. Only 12 participants at a time. Please sign up, on the day of class, at the Welcome Center. ****

Group Fitness Class Descriptions

Amazing Abs: Abdominal workout with added resistance training for cardio and chiseled abs.

Barbell & Kettlebell Training: Basic training for the entire body. A barbell class is designed to strengthen all of your major muscles. This class is designed for those who thought they could not lift weights and for those who thought they were lifting weights.

Booty Fit: 45 minutes of booty shaping cardio and core workouts. Current high energy music and exercises to blast and shape that booty and strengthen your core!

Circuit Blast: Short blasts of resistance exercise using medium weights and frequent repetitions followed by another blast of exercise targeting a different muscle group.

Cycling: This class focuses on endurance, strength intervals, high intensity and recovery involving a stationary exercise bicycle with a weighted fly wheel.

Enhanced Fitness: Geared towards older adults. Class includes cardiovascular, strength training, balance and flexibility exercises.

Participants may use chairs for support.

Hawaiian Dance: Learn the dance techniques of the Islands of Tahiti in a workout manner. You will also learn the terms and execution techniques of the dance.

This is a workout class for all types, including girls, women and men. It's fun and will give you an awesome workout.

Insanity: This class consists of 3-5 minute blocks of max interval training by keeping your body working at maximum capacity.

Fit Yoga: Weight and strength training with dumbbells along with body weight Yoga.

Pilates: This class focuses on the abdomen as the "core" around with all movement flows.

Pilates & More: We will be taking you to a new level with upbeat music and wonderful Pilates moves using weights, balls and balance tools.

Prime Time Sculpt: This is a full body workout that utilizes bands, balls, hand weights and more. This class is for active older adults.

Silver Sneakers: A class for senior adults that is designed to increase flexibility, range of motion and promotes the function of everyday living.

Step It Up: This is a cardio step workout that will help develop balance and flexibility while burning fat. This class is for all fitness levels.

Strength Training: In this class, we will motivate each other, setting monthly goals, strengthening our bodies inside and out with weights, balls, kettle bells and bands!

Total Body Workout: A strength training class targeting major muscle groups using various equipment and body weight. Total body incorporates bursts of cardio into movements intended to help you tone all major muscles.

TRX: Suspension training, using persons own body weight, that helps develop strength, balance, flexibility and core stability simultaneously.

Turbo Kick: A full body, high intensity kickboxing class for all levels.

Weights & More: Resistance exercise using weights.

Yoga: Yoga classes use your own body weight to strengthen and tone the body. It's challenging, but a wonderful experience.

Yoga Bliss: A mind, body and spirit class linking breath with movement. This class is for everybody. Tone, strengthen and even relax your mind and body.

Zumba: Dance, shake and have fun in the Latin Aerobic dance class.

Zumba Toning: Light weight toning that enhances a sense of rhythm and coordination. It's added resistance helps you focus on specific muscle groups so you and your muscles can stay engaged. Extra emphasis on toning & sculpting to define muscles.

Zumba Step: This class uses the elements of Zumba dance with the added benefit of aerobic step.



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Group Land Class Schedule

SPRING BREAK April 3-9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM-6:15AM		5:30AM-6:15AM		5:30AM-6:15AM		
Cycling Peggy		Cycling Tara		Cycling Jenn Tank		
6:45AM-7:45AM		6:45AM-7:45AM		6:45AM-7:45AM		
Gentle Yoga Peggy		Active Yoga Peggy		Gentle Yoga Peggy		
8:15AM-9:00AM	8:15AM-9:00AM	8:15AM-9:00AM	8:15AM-9:00AM	8:15AM-9:00AM		
	TRX Tina	Weights & More Lindy		On The Ball Debbie	8:00AM-8:45AM	
Cycling Jenny	Cycling Mary P.	Cycling Tina	Cycling Jenny/Tina	Cycling Jenny/Tina	Cycling Kerry/Jen Tank	
9:15AM-10:00AM	9:15AM-10:00AM	9:15AM-10:15AM	9:15AM-10:00AM	9:15AM-10:00AM	9:00AM-10:00AM	
Step It Up Donita	Easy Stretch Terry	Enhanced Fitness Debbie	Easy Stretch Terry	Pilates Mary E.	Outdoor Yoga Mary E.	
10:15AM-11:05AM	10:15AM-11:05AM	9:15AM-10:00AM	10:15AM-11:05AM	10:15AM-11:05AM	10:00AM-10:45AM	2:15PM-3:15PM
Silver Sneakers Yoga Terry	Silver Sneakers Donita	Pilates Mary E.	Silver Sneakers Donita	Prime Time Sculpt Donita	Barbell & Kettlebells Jason	Zumba Toning Roxanne
Prime Time Sculpt Donita		10:15AM-11:15AM Restorative Yoga Mary E.		11:00AM-12:00PM Enhanced Fitness Debbie	11:00AM-11:45AM **TRX** Jason	3:30PM-4:30PM Zumba Nikki/Marla
11:00AM-12:00PM	4:30PM-5:15PM		4:30PM-5:30PM Yoga Mary E.			
Enhanced Fitness Debbie	Strength Training w/Weights Jason					
4:30PM-5:30PM						
Outdoor Bootcamp Debbie						
5:30PM-6:30PM	5:30PM-6:30PM	5:30PM-6:30PM	5:00PM-5:45PM			
Insanity Jason	Zumba Nikki	Insanity Jason	Cycling Treva			
		5:15PM-6:00PM Cycling Ladonna	5:40PM-6:40PM Step It Up Fallis			
6:30PM-7:30PM	6:30PM-7:30PM	6:30PM-7:30PM				
Zumba Nikki	Amazing Abs Jason	Zumba Cassandra				

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