

GROUP FITNESS CLASS DESCRIPTION

ABS ON THE BALL

30 minutes of training for the core with the Resist -A-Ball, Bosu and more. 6 pack included!

ARTHRITIS FOUNDATION AQUATICS/Aqua Arthritis

This class involves movement and stretches designed for people with arthritis.. This class takes place in the warm water pool and Instructors are certified by AF.

ATHLETIC STRETCH

Stretching techniques that target athletic individuals. Class may incorporate the use of bands, balls and foam rollers.

BASIC STEP TRAINING

Cardio Step with Basic moves, basic patterns a great way for you to have fun.

BARRE WRX

Use the Barre in a Unique combination of several practices including Yoga, Ballet Barre, Pilates, Balls ,Bands, & Weighted Bars. This class focuses on core strengthening, total body & 'Booty' toning.

BOOTCAMP – Get fit, ripped& toned with this class. “Explosive Cardio/Superior Strength” Intense Calorie Burner.

Special: FAMILY BOOTCAMP & 2 HOUR BOOTCAMP (1hour Outdoor/1 hour Indoor) classes are scheduled on selected Saturdays.

BODY ATTACK FITNESS

Cardio workout for building strength and stamina. High energy, sports inspired 30 minute interval training including TRX.

CARDIO BLAST

30 minutes of pure Cardio. Hard work, big results.

CYCLING

A class setting for Indoor Cycling. What a rush! Cycling classes are offered to all levels and are held in the 4th floor Indoor Cycling Studio.

POWER CYCLING 45

45 minute class. Same intense ride.

EXPRESS FITNESS

A 30 MINUTE workout that’s perfect for anyone. The class could take you from the Floor to the Step or the Bosu to rev up the CARDIO while using the latest *Tabata & HIIT High Intensity Interval Training training* techniques.

GROUP TRX

Build a leaner more muscular body with suspension training. Strength training that uses a system of ropes and webbing called a "suspension trainer" to allow you to work against your own body weight.

KETTLEBELL TRAINING

Develop total body strength, power and endurance with this popular training option. Combine foundational kettle weight lifting with a large number of movements for a goal oriented/Cardio circuit class.

“LITE” WORKOUT

This class is a “lighter” version of our Weighted Workout Class.

PILATES

A group of exercises designed to strengthen and lengthen the muscle groups. Class flows from one movement to another using your core .

STRONG by ZUMBA

This is a more challenging,high intensity training workout than traditional Zumba held in 6 week sessions thru out the year.

X- FIT

Advanced Fitness Program held exclusive @ the Phil Cline Building.

ZUMBA

A fun Latin Inspired Dance based Cardio Class. Great for beginners!

BODYSHRED

Whole body training to get lean, not muscular. Provide the ‘ultimate challenge’ in a 30 minute high performance blended workout that is fast paced, kinetic, and creative. Designed to deliver results in the most efficient and fun way possible.

R.I.P.P.E.D

Resistance, Intervals, Dance, Fun all in one from the creator of Zumba.

SCULPT FUSION

A little bit of everything for big results. Intense/interval/cross training workout.

STEP EXPRESS

30 minute cardio dance workout performed by using The STEP.

WARM AQUA FITNESS

This class incorporates cardio moves suited for those needing a warmer climate to enhance range of motion.

WATER FITNESS

A “cool” way to get a high-intensity, low-impact workout with no pressure on the joints. Includes resistance Training and CARDIO energising music and FUN!

WEIGHTED WORKOUT

A class designed to increase muscular strength and endurance as well as flexibility through the use of weights, tubing, balance balls, medicine balls, etc. **Total body conditioning!**

YOGA

A Mind & Body experience that includes whole body stretching and relaxation. Various levels and styles are offered. Example: **VINYASA YOGA , FLOW YOGA ,POWER YOGA, ‘CORE’ & HEART WARMING YOGA &TRX YOGA** which incorporates the TRX Suspension Trainer.

ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP

Any class with the description word Intense or Advanced, is designed for this type of workout. Please be aware of this before you come to class. Thank you!

PHIL CLINE FAMILY Y CLASS SCHEDULE					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	9:00 – 10:00 SENIOR WISE* YOGA Elizabeth	8:40- 9:20 TAI CHI Carolyn 9:30-10:30 “LITE” WORKOUT Susan	9:00-9:55 Zumba Connie	9:00 – 10:00 SENIOR WISE* YOGA Elizabeth	9:00-10:00 Zumba Connie
10:00 AM			10:05 – 10:50 Silver Sneakers* YOGA Carolyn	10:00 – 10:45 Silver Sneakers* YOGA Carolyn	
11:00 AM	11:00 – 11:45* SilverSneakers* Circuit Carolyn	11:00 – 11:45* SilverSneakers* Classic Elizabeth	11:00 – 12:00 SENIOR WISE * Cardio /Weights Allison	11:00 – 11:45* SilverSneakers* Classic Elizabeth	Classes @ the Phil Cline Family Y are designed for our <u>Senior</u> Members.
5:30 PM			5:30-6:30 ZUMBA	5:30-6:30 ZUMBA	
* Pre- registration is necessary for Senior Wise and Silver Sneakers Programs and These Classes are included in your Y membership fee. Call Marlayna at 697-7113 between 8am-2pm for instructions.					