

MARCH

(517) 784-YMCA www.jacksonymca.org

Call for up to date information as class formats are subject to change based on instructor availability

AEROBICS STUDIO

Jackson YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 Cross Training Karen C	5:45 BODYPUMP Karen C	5:45 Cross Training Karen C	5:45 BODYPUMP Karen C	5:45 Cross Training Mike H		
8:30 Cardio Combo Tom H	8:30 Stretch & Strength Tom H		8:30 Stretch & Strength Mike H	8:30 Cross Training Lisa T	7:55 Cross Training Tom H	
9:40 BODYPUMP Michelle W	9:40 Pilates 3B Betty A	8:30 Cross Training Laurel M	9:40 On the Ball Michelle W	9:40 Target Tone Jeff B	8:55 BODYPUMP Karen C	
	10:45 Silver Sneakers Michelle W	9:40 Pump & Praise Laurel M	10:45 Silver Sneakers Michelle W		10:05 Turbo Kick Lisa T	
10:45 Pump & Praise Laurel M	12:10 Target Tone Jeff B	12:10 Pilates Pat B	12:10 Target Tone Jeff B			12:15 Step Aerobics Tom H
4:15 BODYPUMP Andrea E/Carolyn R	4:15 Butts & Guts Mike H	4:15 BODYPUMP Carolyn R	4:15 Butts & Guts Lori S	4:15 BODYPUMP Andrea E	<p>Member Fees: \$3.00 Per Class Drop-In \$14.00 Per Month Unlimited Free for Members!</p> <p>Nonmember Fees: \$8.00 Per Class Drop-In</p>	
5:30 Step Aerobics Tom H	5:30 Cardio Kick Sheryl J	5:30 Beg. Body Blast Lisa T	5:30 Cardio Kick Sheryl J	5:30 Step Aerobics Tom H/Lisa T		
6:30 Turbo Kick Lisa T	6:30 BODYPUMP Martha S	6:30 Turbo Kick Lisa T	6:30 BODYPUMP Kathy S			

CYCLING STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 Group Cycling Teresa D	5:45 Power Yoga Kim M	5:45 Group Cycling Teresa D	5:45 Power Yoga Teresa D	8:00 Group Cycling Bob P		
9:00 Zumba Laura L	8:30 Group Cycling Bob P	9:00 Zumba Laura L	8:30 Group Cycling Bob P	12:10 Group Cycling Michelle W	9:05 Max 90 Laurel M/Bob P	12:40 Group Cycling Laurel M/Dan M
12:10 Group Cycling Michelle W	4:15 Double StepTastic Lori S	12:10 Group Cycling Michelle W			<p>March Into New Classes! Step up your step class with Double StepTastic on Tuesdays at 4:15 with Lori Schram.</p>	
5:30 Beg. Cardio Blast Lisa T	5:30 Group Cycling Dan M	5:30 Group Cycling Carolyn R	5:30 Group Cycling Dan M			
6:30 6 Week YOGA Ave' V		6:30 Yoga For All Jeanette L				

SPECIAL LOCATIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-10:00 Beginner Yoga Ave' V (Hurst Room)		8:30-10:00 Intermediate Yoga Ave' V (Hurst Room)				12:30 Boot Camp Curt W/ Shawna W (Fitness Center)
6:30 Boot Camp Curt W (Fitness Center)	6:30-8:00 Triathlon Training (Members Only) Jeff B (Track in Gym)	6:30 Boot Camp Curt W (Fitness Center)	6:30-8:00 Triathlon Training (Members Only) Jeff B (Track in Gym)			

LARGE POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 Deep Aerobics Rachel V	9:30 Shallow Aerobics Michele L	10:30 Deep Aerobics Lisa T	9:30 Shallow Aerobics Michele L	10:30 Deep Aerobics Lisa T	9:30 Shallow/Deep Missy L	
1:30 Low Impact Christine K	10:30 Shallow/Deep Michele L	1:30 Low Impact Christine K	10:30 Shallow/Deep Michele L	1:30 Low Impact Christine K		
5:30 Shallow/Deep Missy L	1:30 Fit Moms Passages	5:30 Shallow/Deep Missy L	1:30 Fit Moms Passages			

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

GROUP EXERCISE CLASS DESCRIPTIONS

Classes meet for one hour unless otherwise noted.

(B) Beginner (I) Intermediate (A) Advanced

LAND CLASSES

BEGINNER CARDIO BLAST (B) Participants learn proper techniques for YMCA cardio classes including step aerobics, cardio kick, group cycling and more. Meet new people, have a blast!

BEGINNER BODY BLAST (B) Participants learn proper techniques for YMCA strengthening classes including Body Sculpt, Boot Camp, Cross Training and more! Meet new people, have a blast!

DOUBLE STEPTASTIC (IA) A high energy cardio class to challenge you with not one but two steps to tone muscles you never knew you had.

BODY PUMP (BIA) A fun heart pumping routine to replace your weight lifting regimen. Class is designed to get you in shape utilizing weight bearing exercises and repetitions in a safe format.

BOOT CAMP (IA) Sure to rev up the most avid exercisers. Strength training, endurance games, circuits & cardio. 75 minutes weekdays, 60 minutes Sundays.

BUTTS & GUTTS (IA) Redefine your lower body and abdominal muscles with a challenging workout including isolated abdominal work and a variety of toning exercises.

CARDIO COMBO (BIA) Step, cardio kick, exerballs, bands, weights and more-different combos every class!

CARDIO KICK (IA) Combines martial arts, aerobics and toning exercises to help you meet your fitness goals and release pent up aggression!

CROSS TRAINING (I) Interval class utilizing aerobics conditioning, free weights, stretching, and balls to keep your workout energized and fresh.

GROUP CYCLING (BIA) Utilizes stationary bikes in a group setting for a calorie-burning workout that is set to music.

MAX 90 (IA) Max out your workouts! One hour of cycling followed by an intense 30 minute workout for your "trouble zones."

ON THE BALL (BIA) A core strengthening and toning workout utilizing exerballs. Regain and maintain strength to look your best and prevent injuries. A strong core helps prevent the loss of flexibility and balance that occurs as we age.

PILATES (BIA) This class will help you strengthen, tone and sculpt your whole body. Class also improves balance and flexibility.

PILATES 3B (I) Pilates core work, using Pilates equipment. This class will strengthen and flatten the abs, but also increase strength, flexibility, balance and efficiency of movement.

PUMP AND PRAISE (BIA) Class utilizes weights, resistance bands, Bosu balls and more, set to Christian music. For health seekers, no matter where you are on your spiritual or your fitness journey.

SILVER SNEAKERS (BIA) Exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Equipment varies. A chair can be used for seated or standing support.

STEP AEROBICS (I) A cardio work out on step benches that will get your heart rate going and help you obtain your next level of fitness. Learning new footwork exercises brain and body!

STRETCH & STRENGTH (B) Full body toning with free-weights and stretch cords, including exercise for flexibility and balance.

TARGET TONE (I) Challenging class that will have you doing push-ups, squats and lunges along with a host of other exercises to get and keep you in healthy shape.

TRIATHLON TRAINING - Run, Bike, Swim. Learn the basics and train for a Triathlon with the help of expert trainer Jeff Beagle. Register at the desk. Membership required. Space is limited. Begins Nov. 10th. 90 minutes.

TURBO KICK (IA) Combines martial arts, core muscle conditioning and endurance drills with high intensity aerobics.

YOGA (BIA) Free your spirit, calm your mind, and strengthen your body while practicing basic Asanas. Some classes utilize props. Power Yoga features emphasis on lower body toning. Monday and Wednesday a.m. classes are 90 minutes.

ZUMBA (BIA) Latin dancing meets aerobics. The most fun you will ever have working out! Tone your entire body in a dynamic workout set to international music. This class is ideal for all fitness levels.

WATER CLASSES

LOW IMPACT SHALLOW AEROBICS (BIA) Class emphasizes strength training, balance, and toning exercises. Class meets in the shallow end of the pool.

SHALLOW WATER AEROBICS (BIA) All levels, includes aerobic conditioning, toning exercises, and stretching. Class meets in the shallow end of the pool.

DEEP WATER AEROBICS (BIA) Emphasizes balance and technique while enhancing strength and cardio endurance. Participants wear a swim belt or pool noodle. Class meets in the deep end of the pool.

DEEP/SHALLOW CROSS TRAINING (BIA) Aerobics, lap swimming, resistance training, abdominal work, and stretching. Participants wear a swim belt. Participants use both the deep and shallow ends of the pool.

FIT MOMS (BIA) Water aerobics for expecting moms, hosted by Passages of Allegiance Health. For more information and payment options call (517)768-4377.