

GROUP EXERCISE – JANESVILLE

YMCA of NRC

Effective July 7 – September 6



NOT SURE WHERE TO START?

For a full list of class descriptions, please visit ymcanrc.org or use the QR Code on the left.



NEW CLASS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM		5:15 – Cycling Cycling Studio	5:15 – Group Power Studio B 5:15 – Bootcamp Main Gym	5:15 – Cycling Cycling Studio	5:15 – Group Power EXPRESS Studio B 5:15 – Bootcamp Main Gym	5:15 – Cycling Cycling Studio	
6:00AM		6:15 – On the Ball Studio B	6:15 – Mat Pilates Yoga Studio	6:15 – On the Ball Studio B	6:15 – Mat Pilates Yoga Studio	6:15 – On the Ball Studio B	
7:00AM							7:00 – Rhythm & Ride Cycling Studio (bi-weekly)
8:00AM			8:30 – Strength & Stretch Studio B	8:00 – Intro to Qigong Yoga Studio 8:30 – Let's Ride! Cycling Studio	8:30 – Strength & Stretch Studio B	8:30 – Friday Fever Studio B	8:00 – Group Power Studio B
9:00AM		9:30 – TRX JP Cullen 9:45 – Silver Sneakers Studio B	9:45 – Blast it 45 JP Cullen 9:45 – Chair Yoga Yoga Studio	9:15 – Stand Strong TRX JP Cullen 9:30 – Tough Turf Turf – Weight Room 9:45 – Flow Yoga Yoga Studio	9:45 – Cardio & Core JP Cullen 9:45 – Chair Yoga Yoga Studio	9:30 – Tough Turf Turf – Weight Room 9:45 – Silver Sneakers Studio B	9:15 – CIRCL Mobility Yoga Studio
10:00AM							10:00 – Zumba Studio B
11:00AM			11:00 – Yoga (+15min of Core) Yoga Studio		11:00 – Yoga (+15min of Core) Yoga Studio	11:00 – Restorative/ Stretch Yoga Yoga Studio	
12:00PM	12:15 – Hatha Vinyasa Yoga Yoga Studio						
1PM–4PM NO CLASSES							
4:00PM			4:30 – Core PLUS Yoga Studio		4:30 – Restorative Functional Pilates Yoga Studio		
5:00PM		5:00 – Zumba Studio B	5:00 – Beginner Cycling Cycling Studio	5:00 – Group Power Express Studio B			
6:00PM		6:30 – Group Power Studio B		6:00 – Hatha Yoga Yoga Studio 6:00 – Rhythm & Ride Cycling Studio			
7:00PM	7:00 – Yoga R&R Virtual						



CLASS DESCRIPTIONS – JANESVILLE

Beginner Cycling

This class is the perfect introduction to cycling! Our experienced cycling instructor will guide you through getting the perfect fit on the bikes before taking you through an introductory cycling workout. You'll learn cycling positions and terminology in a non-intimidating slower paced environment, while still getting a great workout!

Blast it 45!

You never know what you're going to get in this 45-minute class. Come ready to work, sweat and blast those calories!

Bootcamp

Experience high-intensity, full-body workouts that target the major muscle groups of the upper and lower body. From circuit-style routines to creative muscle-toning exercises, each class brings its own unique challenges.

Cardio & Core

Your instructor will have your heart rate up while working through a variety of movements at your own pace. Increase your stamina and strengthen your core during this fun filled class!

CIRCL Mobility

CIRCL Mobility is not your typical exercise program; it truly focuses on actively taking your body through movement patterns using macro and micro joint movers to improve range of motion + flexibility.

Core PLUS

This class is ALWAYS geared to the ABS yet almost always incorporates other muscle groups! All levels welcome, modifications available.

Cycling

Take a ride indoors as an instructor guides the class on an all-terrain journey that will get your heart pumping and challenge you to give a little more. The focus is on proper cycle technique, body alignment, and cardio drills. Whether you're an advanced cyclist or just getting started, this workout is customizable to your athletic level, don't be intimidated, come out and give this FUN class a try!

YOGA DESCRIPTIONS

Chair Yoga

Level I, AOA – Set aside any preconceived ideas about Yoga and pull up a chair! No matter your age, physical abilities or experience level, adapting your practice to include a chair matches poses to your personal needs.

Flow Yoga

Using the breath as a guide, this class is one of flowing movement. We begin on the floor with gentle stretching then move into dynamic standing poses and balance work. We return to the floor for hip stretches, core work, gentle backbends and finally ending in relaxation or "Savasana."

Hatha Vinyasa Yoga

It follows the blueprint of Hatha yoga but has less structured elements to them, including fluidity and creative movement.

Hatha Yoga

Hatha Yoga is a classical yoga practice centered on connection between breath, movement and mind. The classes include breathing exercises at the start of the session; series of sun salutations that is a practice of breath synchronized movement which generates heat in the body; various dynamic and static asanas (yoga postures) with focus on body alignment and relaxation techniques for the final Savasana.

Group Power

Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

*Group Power Express is a 45 minute class

Let's Ride

Nothing is as it seems here, this challenging class keeps you seated for 30 heart pounding minutes. We will climb, we will sprint, we will ride all from the saddle; we incorporate Tabata, interval training and more while focusing on our RPM's and Watts. Come on in and give it a try, you will leave it all on the bike!

*Krankcycle opportunity: seated, standing, wheelchair access available.

Mat Pilates

This is a floor based class on a mat. We will work on a series of strength, flexibility, and breathing exercises, using your own body's ability and also a Pilates Ring. This class can be modified for all ages, body types, and fitness levels This class is based on the work of Joseph Pilates.

On the Ball

Get On the Ball to get the most out of your workout! Whether you're just starting out or an experienced athlete, adding a Fit Ball to your fitness routine is one of the most versatile tools you can use. This class will take you through moves that work your body head to toe with increased complexity (not intensity), adding an extra level of instability to challenge your every move.

Intro to Qigong

Qigong 气功 (pronounced chi gong) is a Chinese healing practice that combines posture, movement, breathing and focused intent. It is a subtle, gentle practice of moving and balancing our Qi 气 (life energy) which is considered to be the vital force of life.

In Qigong the movements are soft, circular and smooth; the breathing is slow, long, yet natural, and our attention is focused.

Restorative Functional Pilates

This class will work on strength, flexibility, breath work, and restorative moves for your muscles and mind. You will use your own body's resistance along with bands, small balls, foam rollers and your breath to get in tune with your inner and outer everything. We have some foam rollers available - participants are also welcome to bring their own.

Rhythm & Ride

Rhythm riding is a style of indoor cycling where riders focus on syncing their pedaling and body movements with the beat of the music. It involves matching the song's beats per minute to your cadence range, riding with proper form, and finding your own rhythm. Rhythm riding aims to create a fun and engaging atmosphere, fostering a sense of camaraderie among riders. This style of indoor cycling is a fun workout option for all levels of riders.

Tough Turf

Come get TOUGH on our TURF! A form of high intensity interval training this class incorporates all aspects of fitness from strength, metabolic conditioning, bodyweight movement and agility. We'll utilize a variety of equipment including ropes, kettlebells, tire flip, bosu trainers, weights, jump ropes and more. Is your weight room workout getting stale? Are you just getting started and looking for a welcoming place to get started? This class is perfect for the seasoned athlete or the rookie.

TRX

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises while using 360 degrees of full range motion. This versatile workout puts you in control of how much you want to challenge yourself, our certified instructors will assist you with modifying and or customizing every exercise giving you the safest, most personalized workout possible.

Stand Strong TRX

This class will help you see positive effects in the areas of flexibility, strength, bone health, cognitive health and balance all while standing!

Zumba®

Perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check. Super fun? Check and check.

Restorative Stretch Yoga

In this class we practice deep relaxation that emphasizes the meditative aspect of yoga – the union of body and mind. Through the use of props for support, many of the postures are held almost effortlessly. When your body enters a state of relaxation, your mind can also consciously relax so your tension melts away.

Yoga

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago. Yoga helps bring balance into your life, reduce stress, helps to increase flexibility, strength, and clarity.