

# GROUP EXERCISE – JANESVILLE

## YMCA of NRC

Effective September 7 – November 8



NOT SURE WHERE TO START?

For a full list of class descriptions, please visit [ymcanrc.org](http://ymcanrc.org) or use the QR Code on the left.



NEW CLASS



FOREVERWELL CLASS

|                    | Sunday                                       | Monday                                                                        | Tuesday                                                       | Wednesday                                                                     | Thursday                                                                 | Friday                                                        | Saturday                                              |
|--------------------|----------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------|
| 5:00AM             |                                              | 5:15 – Cycling<br>Cycling Studio                                              | 5:15 – Group Power<br>Studio B<br>5:15 – Bootcamp<br>Main Gym | 5:15 – Cycling<br>Cycling Studio                                              | 5:15 – Group Power<br>EXPRESS<br>Studio B<br>5:15 – Bootcamp<br>Main Gym | 5:15 – Cycling<br>Cycling Studio                              |                                                       |
| 6:00AM             |                                              | 6:15 – On the Ball<br>Studio B                                                | 6:15 – Mat Pilates<br>Yoga Studio                             | 6:15 – On the Ball<br>Studio B                                                | 6:15 – Mat Pilates<br>Yoga Studio                                        | 6:15 – On the Ball<br>Studio B                                |                                                       |
| 7:00AM             |                                              |                                                                               |                                                               |                                                                               |                                                                          |                                                               | 7:00 – Rhythm & Ride<br>Cycling Studio<br>(bi-weekly) |
| 8:00AM             |                                              | 8:00 – Intro to Qigong<br>Yoga Studio<br>8:45 – Stand Strong TRX<br>JP Cullen | 8:30 – Strength & Stretch<br>Studio B                         | 8:00 – Intro to Qigong<br>Yoga Studio<br>8:30 – Let's Ride!<br>Cycling Studio | 8:30 – Strength & Stretch<br>Studio B                                    | 8:30 – Friday Fever<br>Studio B                               | 8:00 – Group Power<br>Studio B                        |
| 9:00AM             |                                              | 9:30 – Tough Turf<br>Turf – Weight Room<br>9:45 – Silver Sneakers<br>Studio B | 9:45 – Chair Yoga<br>Yoga Studio                              | 9:15 – Stand Strong TRX<br>JP Cullen<br>9:45 – Flow Yoga<br>Yoga Studio       | 9:45 – Chair Yoga<br>Yoga Studio                                         | 9:30 – TRX<br>JP Cullen<br>9:45 – Silver Sneakers<br>Studio B | 9:15 – CIRCL Mobility<br>Yoga Studio                  |
| 10:00AM            |                                              |                                                                               |                                                               |                                                                               |                                                                          |                                                               | 10:00 – Zumba<br>Studio B                             |
| 11:00AM            |                                              |                                                                               | 11:00 – Yoga<br>(+15min of Core)<br>Yoga Studio               |                                                                               | 11:00 – Yoga<br>(+15min of Core)<br>Yoga Studio                          | 11:00 – Restorative/<br>Stretch Yoga<br>Yoga Studio           |                                                       |
| 12:00PM            | 12:15 – Hatha Vinyasa<br>Yoga<br>Yoga Studio | 12:00 – Science of Stretching<br>Yoga Studio<br>Starts October 6th!           |                                                               |                                                                               |                                                                          |                                                               |                                                       |
| 1PM–4PM NO CLASSES |                                              |                                                                               |                                                               |                                                                               |                                                                          |                                                               |                                                       |
| 4:00PM             |                                              |                                                                               | 4:30 – Core PLUS<br>Yoga Studio                               |                                                                               | 4:30 – Restorative<br>Functional Pilates<br>Yoga Studio                  |                                                               |                                                       |
| 5:00PM             |                                              | 5:00 – Zumba<br>Studio B                                                      | 5:00 – Beginner Cycling<br>Cycling Studio                     | 5:00 – Zumba<br>Studio B                                                      | 5:30 – Group Power<br>Studio B                                           |                                                               |                                                       |
| 6:00PM             |                                              | 6:30 – Group Power<br>Studio B                                                |                                                               | 6:00 – Hatha Yoga<br>Yoga Studio<br>6:00 – Rhythm & Ride<br>Cycling Studio    | 6:40 – CIRCL<br>Studio B                                                 |                                                               |                                                       |
| 7:00PM             | 7:00 – Yoga R&R<br>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!

### 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!

### 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!

### 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.

### Science of Stretching

This class will work through different poses with breath and time to help you with flexibility, building long, strong supporting tissues, which will help to protect your joints, improve posture, and reduce pain.

### 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.

## 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.

### 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.