

# GROUP EXERCISE – PARKER

## 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 right.



## NEW CLASS

|                  | Monday                                                    | Tuesday                                           | Wednesday                                                                                                                             | Thursday                                               | Friday                                                    | Saturday |
|------------------|-----------------------------------------------------------|---------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------|----------|
| 5:00AM to 7:00AM | <b>5:15 – R.I.P.P.E.D</b><br>Multi-Purpose Studio         |                                                   | <b>5:15 – Bootcamp</b><br>Multi-Purpose Studio                                                                                        |                                                        |                                                           |          |
| 8:00AM           | <b>8:00 – Low-Impact Bootcamp</b><br>Multi-Purpose Studio | <b>8:00 – Chair Yoga</b><br>Multi-Purpose Studio  | <b>8:00 – Tone &amp; Stretch</b><br>Multi-Purpose Studio                                                                              | <b>8:00 – Chair Yoga</b><br>Multi-Purpose Studio       | <b>8:00 – Low-Impact Bootcamp</b><br>Multi-Purpose Studio |          |
| 9:00AM           | <b>9:00 – Chair Yoga</b><br>Multi-Purpose Studio          |                                                   |                                                                                                                                       | <b>9:15 – On the Ball</b><br>Multi-Purpose Studio      | <b>9:00 – Chair Yoga</b><br>Multi-Purpose Studio          |          |
| 10:00AM          | <b>10:00 – On the Ball</b><br>Multi-Purpose Studio        |                                                   |                                                                                                                                       |                                                        |                                                           |          |
| 11:00AM          |                                                           |                                                   |                                                                                                                                       |                                                        |                                                           |          |
| 12:00PM          |                                                           |                                                   |                                                                                                                                       |                                                        |                                                           |          |
| 5:00PM           | <b>5:15 – Guns &amp; Buns</b><br>Multi-Purpose Studio     |                                                   |                                                                                                                                       | <b>5:30 – 3-2-1 &amp; Done</b><br>Multi-Purpose Studio |                                                           |          |
| 6:00PM           | <b>6:10 – H.I.I.T.</b><br>Multi-Purpose Studio            | <b>6:30 – Group Power</b><br>Multi-Purpose Studio | <br><b>6:10 – Bootcamp</b><br>Multi-Purpose Studio | <b>6:15 – Forged Fit</b><br>Multi-Purpose Studio       |                                                           |          |
| 7:00PM           |                                                           |                                                   | <b>7:05 – Restorative/StretchYoga</b><br>Multi-Purpose Studio                                                                         |                                                        |                                                           |          |



## CHILD WATCH HOURS:

Monday, Wednesday 6–8 PM

Tuesday, Thursday 9–11 AM

**Reservations required!**

\*Reservations close the day prior at 9PM\*



**Reserve your child's spot today!**

[ymcanrc.org](http://ymcanrc.org)



**3-2-1 & DONE**

The 3-2-1 workout consist of 3-1min strength exercise, 2-1min cardio exercise and 1-1 min core work out. 3-4 rounds will complete this workout!! The 3-2-1 method is a simple formula for great result in this 30 min class!! 3-2-1 and you're DONE!!!

**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.

**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.

**Forged Fit**

The class will incorporate resistance training combinations found in functional strength training, power lifting, and cross fit to really amp up the calorie burn and forge the fit you want!!

**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!

**GUNS & BUNS**

This stability ball class focuses on glutes, core and arm exercises. To promote a strong and healthy body with a solid foundation in stability.

**H.I.I.T.**

High Intensity Interval Training (HIIT) is the scientifically proven program to sculpt and strengthen your body. The class combines intervals of high-intensity exercise switched up with periods of low-intensity active recovery in a fat-blasting workout. Reach your edge with big movements and short intervals. We focus on using your bodyweight to burn fat, involving every muscle working together, and improving your aerobic capacity.

**Low Impact Bootcamp**

This class prepares participants at all fitness levels for everyday life all while taking it easy on your joints. A wide variety of exercises will be used to increase flexibility, balance and range of motion all while making your muscles and heart a little stronger; expect your heart rate to increase while we work different muscle groups using hand weights and body weight. All exercises are fully customizable.

**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.

**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.

**R.I.P.P.E.D.**

With the use of free weights and mats, RIPPED Class combines cardio-based sections with strength training. It builds endurance and works up the whole body incorporating a lot of plyometric moves and core-focused exercises.