

GROUP EXERCISE – JANESEVILLE

YMCA of NRC

Effective January 4 – March 7



NOT SURE WHERE TO START?

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



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM		5:15 – Cycling Cycling Studio	5:15 – Group Power Studio B	5:15 – Cycling Cycling Studio	5:15 – Group Power EXPRESS Studio B	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		8:00 – Intro to Qigong Yoga Studio 8:45 – Stand Strong TRX JP Cullen Gym	55+ 8:30 – Strength & Stretch Studio B	55+ 8:00 – Intro to Qigong Yoga Studio 8:30 – Let's Ride! Cycling Studio	55+ 8:30 – Strength & Stretch Studio B	55+ 8:30 – Friday Fever Studio B	8:00 – Group Power Studio B
9:00AM		9:30 – Tough Turf Turf – Weight Room 9:45 – Silver Sneakers Studio B	9:45 – Bootcamp JP Cullen Gym 9:45 – Chair Yoga Yoga Studio	55+ 9:15 – Stand Strong TRX JP Cullen Gym 9:45 – Flow Yoga Yoga Studio	9:45 – Times Up JP Cullen Gym 9:45 – Chair Yoga Yoga Studio	9:45 – Silver Sneakers Studio B	9:30 – Zumba Studio B
10:00AM							
11:00AM	11:00 – Breath & Meditation Yoga Studio		55+ 11:00 – Yoga Tone Yoga Studio		55+ 11:00 – Yoga Tone Yoga Studio		11:00 – Restorative/Stretch Yoga Yoga Studio
12:00PM	12:00 – Hatha Vinyasa Yoga Yoga Studio	12:00 – Science of Stretching Yoga Studio					
1PM–4PM NO CLASSES							
4:00PM			4:30 – Core PLUS Yoga Studio				
5:00PM		5:00 – Zumba Studio B	5:00 – Beginner Cycling Cycling Studio 5:30 – CIRCL Yoga Studio	55+		5:30 – Group Power Studio B	
6:00PM		6:30 – Group Power Studio B		6:00 – Hatha Yoga Yoga Studio	6:40 – CIRCL Yoga Studio		
7:00PM	7:00 – Yoga R&R Virtual			6:00 – Rhythm & Ride Cycling Studio			

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.

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.

Breath & Meditation

The “Breath and Meditation” class will consist primarily of seated and supine practices. We will work with different kinds of breathing and a variety of meditation techniques that are soothing to our nervous system and promote focused relaxation in our body and mind.

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.

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.

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

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.

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.

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.

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.

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.

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."

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 Tone

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. This class incorporates 15 minutes of core work.

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. This style of indoor cycling is a fun workout option for all levels of riders.

Times Up

Work until TIME is UP! Join us for a form of High Intensity Interval Training and work WITH the clock. Great for any level of fitness background.

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. 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. 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.

Silver Sneakers

This class focuses on strengthening muscles and increasing range of movement for daily life activities.

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.