

GROUP EXERCISE – PARKER

YMCA of NRC

Effective August 16 – October 17



NOT SURE WHERE TO START?

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



NEW CLASS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM to 7:00AM	5:15 – Group Power Multi-Purpose Studio <i>*Shifts to 5AM beginning 9/7</i>		5:15 – Group Power Multi-Purpose Studio <i>*Shifts to 5AM beginning 9/9</i>			
8:00AM	8:00 – Low-Impact Bootcamp Multi-Purpose Studio	8:00 – Chair Yoga Multi-Purpose Studio	8:00 – Tone & Stretch Multi-Purpose Studio	8:00 – Chair Yoga Multi-Purpose Studio	8:00 – Low-Impact Bootcamp Multi-Purpose Studio	
9:00AM	9:00 – Chair Yoga Multi-Purpose Studio		9:15 – Dealer's Choice Multi-Purpose Studio	9:15 – On the Ball Multi-Purpose Studio	9:00 – Chair Yoga Multi-Purpose Studio	
10:00AM	10:00 – On the Ball Multi-Purpose Studio		10:15 – Stretch & Breathe Multi-Purpose Studio			
5:00PM			5:15 – Guns & Buns Multi-Purpose Studio	5:30 – 3-2-1 & Done Multi-Purpose Studio		
6:00PM	6:10 – H.I.I.T. Multi-Purpose Studio	6:00 – Bootcamp Multi-Purpose Studio	6:10 – Bootcamp Multi-Purpose Studio	6:15 – Forged Fit Multi-Purpose Studio		



CHILD WATCH HOURS:

Monday – Friday: 9-11AM

Monday – Friday: 5:30-7:30PM

Reservations required.

Reservations close the day prior at 9PM

ymcanrc.org



CLASS DESCRIPTIONS – PARKER

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

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.

Dealer's Choice

Spice up your hump day with Darcys Dealer's Choice class. Forget the routine and let Darcy surprise you with an unpredictable workout whether its, Strength, Low impact HIIT, Ball, Core you get whatever Darcy is vibing with.

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!!

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.

Group Power EXPRESS

Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, & body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises.

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.

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.

Stretch & Breathe

This class is designed to recharge your mind and body and melt the tension away. Through a blend of deep, mindful breathing and restorative stretching, you'll improve your flexibility, release daily stress, and restore your natural energy.

COMING SOON!

TRX, Barre & Pilates launching this fall!

We're hard at work behind the scenes creating a brand-new group exercise space—and this fall, we're bringing an all-new lineup of classes your body will love!

Get ready for fresh workouts, new energy, and even more ways to move.
Stay tuned—pop-ups are coming SOON!