

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5:15 - 6:00 a.m. Cycling: Sid</p> <p>\$ 5:15-6:15 a.m. Extreme Boot Camp Family Gym</p> <p>5:15 - 6:15 a.m. (GE1) BOSU Body!- All: Sue</p> <p>5:15 - 6:00 a.m. (MPR) ZUMBA: Amiee</p> <p>\$ 6:00-7:00 a.m. (Fam. Gym) X TRAIN II: Matt</p> <p>6:15 - 7:00 a.m. Cycling: Lisa</p> <p>8:15-9:10 a.m. L.I.F.E.-B/I Low Impact/Cardio: Denise</p> <p>9:00 - 10:00 a.m. Cycling: Stephanie M.</p> <p>9:15-10:10 a.m. Strength & Endurance All: Teri</p> <p>9:15-10:10 a.m. (MPR) Turbo Kick-All: Brittney</p> <p>9:30-10:15 a.m.—NEW! (FAMILY GYM) Advanced Kickboxing: Julie</p> <p>\$ 9:30-10:30 a.m. (CR) Pilates II: Leah</p> <p>10:15-11:00 a.m. ZUMBA: Andrea</p> <p>10:30-11:15 a.m. (MPR 2) Pilates for Beginners - FREE: Jill</p> <p>\$ 10:30 - 11:45 a.m. (CR) Yoga I: Natalie</p>	<p>5:15 - 6:15 a.m. Cycling: Eric</p> <p>5:15-6:15 a.m. Extreme Boot Camp -All: RaShell</p> <p>\$ 6:00-7:15 a.m. (Fam. Gym) X TRAIN I: Matt</p> <p>8:15-9:10 a.m. L.I.F.E.-B/I Strength: Sharon</p> <p>\$ 9:00-9:55 a.m. (CR) Pilates II: Marcia</p> <p>9:00 - 9:45 a.m. Cycling: Cathy</p> <p>9:15-10:10 a.m. Hip Hop Hustle All: Kimberly</p> <p>9:15 - 10:15 a.m. (MPR) BOSU Body!- All: Teri</p> <p>\$ 10:00-11:00 a.m. (CR) Pilates I: Leah</p> <p>10:15-11:00 a.m. ALL Cycling: Brooke</p> <p>10:15-11:10 a.m. Athletic Conditioning -Adv: Kimberly</p> <p>10:15 - 11:15 a.m.(MPR) Silver Sneakers® Cardio Fit - Mary Esther</p>	<p>5:15 - 6:00 a.m. Cycling: Julie</p> <p>\$ 5:15-6:15 a.m. Extreme Boot Camp Family Gym</p> <p>5:15-6:15 a.m. Step -I: Sue</p> <p>\$ 6:00-7:00 a.m. (Fam. Gym) X TRAIN II: Matt</p> <p>6:15 - 7:00 a.m. Cycling: Greg Hoover</p> <p>8:15-9:10 a.m. L.I.F.E.-B/I - Low Impact/ Cardio: Sandra</p> <p>9:00 - 10:00 a.m. Cycling: Carla</p> <p>\$ 9:15-10:00 a.m. (MPR) TRX—All: Teri B.</p> <p>9:15-10:05 a.m. ZUMBA - All: Kimberly</p> <p>9:30-10:15 a.m. (CR) Pilates for Beginners - FREE: Jill</p> <p>10:05 - 10:15 a.m. The Ab Lab: Kimberly</p> <p>10:15-11:10 a.m. Strength & Endurance -All: Kimberly</p>	<p>5:15 - 6:00 a.m. Cycling: Sid</p> <p>5:15-6:15 a.m. Strength & Endurance -All: Sue</p> <p>\$ 6:00-7:15 a.m. (Fam. Gym) X TRAIN I: Matt</p> <p>8:15-9:10 a.m. L.I.F.E.-B/I - Strength: Sue</p> <p>9:00 - 10:00 a.m. Cycling: Lisa</p> <p>9:15-10:10 a.m. CardioSculpt -All: Krista (1st & 3rd Thursdays)</p> <p>9:15 - 10:10 a.m. Functional Training - All: Denise (2nd & 4th Thursdays)</p> <p>\$ 9:30 - 10:45 a.m. (MPR 2) Yoga I: Stacie</p> <p>10:15-11:10 a.m. Turbo Kick-All: Julie</p>	<p>5:15 - 6:15 a.m. Cycling: Eric</p> <p>\$ 5:15-6:15 a.m. Extreme Boot Camp Family Gym</p> <p>5:15 - 6:15 a.m. - NEW! Turbo Kick - All: RaShell</p> <p>\$ 6:00-7:00 a.m. (Fam. Gym) X TRAIN II: Matt</p> <p>6:15 - 7:15 a.m. Cycling: Greg</p> <p>8:15-9:10 a.m. L.I.F.E.-B/I Low Impact Cardio: Brittney</p> <p>9:00 - 10:00 a.m. Cycling: Nina</p> <p>9:15 - 10:15 a.m.(MPR) Silver Sneakers® Cardio Circuit - Brittney</p> <p>9:15-10:10 a.m.—NEW! Strength & Endurance- All: Julie</p> <p>\$ 9:30 - 10:45 a.m. (CR) Yoga I: Stacie</p> <p>10:15-11:10 a.m. Step—I/Adv: Brittney</p> <p>10:15-11:00 a.m. Cycling: Krista</p> <p>11:00-11:45 a.m. (CR) Yoga for Beginners-FREE: Natalie</p>	<p>\$ 7:00-8:15 a.m. (Fam. Gym) X TRAIN I: Matt</p> <p>7:30 - 8:25 a.m. Interval Training- All: Heather</p> <p>\$ 8:00-8:45 a.m. (MPR) TRX—All: Shawn</p> <p>8:30 - 9:10 a.m. Hip Hop Hustle-All: Tiffany</p> <p>8:30 - 9:30 a.m. Cycling: Kris</p> <p>\$ 9:00-9:45 a.m. (MPR) TRX—All: Shawn</p> <p>9:15 - 9:25 a.m. Ab Lab - All: Tiffany</p> <p>9:30 - 10:25 a.m. Turbo Kick - All: Tiffany 1st/3rd/5th Saturdays Kickboxing - All: Julie 2nd/4th Saturdays</p> <p>9:45-10:00 a.m. Intro to Cycling 1st Sat of Each Month</p> <p>10:00 - 10:45 a.m. ALL Cycling: Keith</p> <p>10:30 - 11:25 a.m. Strength & Endurance - All: RaShell</p> <p>11:30 a.m. - 1:00 p.m. Cycling Extended Ride: Instructor Varies</p>
<p>11:30 a.m. -12:25 p.m. Silver Sneakers-B: Mary Esther</p>	<p>\$ 11:15 a.m.-12:30 p.m. Yo-Pi: Marcia</p> <p>11:30 a.m. - 12:30 p.m. (MPR) Silver Sneakers® Yoga Stretch - Mary Esther</p>	<p>11:30-12:25 p.m. Silver Sneakers® —B: Mary Esther</p>	<p>11:30 a.m. - 12:25 p.m. Silver Sneakers Yoga Stretch: Mary Esther</p>	<p>\$ 11:15 a.m.-12:15 p.m. Pilates Power, Tools, and Toys: Marcia</p> <p>\$ 12:15-1:00 p.m. (MPR) TRX—All: Jodie</p>	<p>SUNDAY</p> <p>12:00 - 12:55 a.m. Interval Training - All: Hollie</p> <p>12:00 - 1:30 p.m. Cycling Extended Ride: Instructor Varies</p> <p>2:00 - 3:00 p.m. Strength & Endurance All: Taylor</p> <p>\$ 3:30-4:30 p.m. Christian Yoga I: Lisa</p> <p>\$ 4:30 - 5:45 p.m. Yoga I: Sarah</p>
<p>\$ 4:15-5:00 p.m. (MPR 2) Kettlebell Class - All: Shawn</p> <p>5:00 - 5:25 p.m. Upper Cutz! - B: Heather</p> <p>5:30 - 5:40 p.m. The Ab Lab—All: Heather</p> <p>5:30 - 6:15 p.m. Cycling: Brooke</p> <p>5:45 - 6:25 p.m. Interval Training - All: Heather</p> <p>\$ 6:00-6:45 p.m.(MPR 2) Kettlebell Class - All: Shawn</p> <p>6:30-7:25 p.m. Strength & Endurance -All: Teri</p> <p>6:30 - 7:15 p.m. Cycling: Sherri</p> <p>7:30-8:15 p.m. (MPR 1) Pilates for Beginners - FREE: : Annie</p> <p>7:30-8:25 p.m. Turbo Kick - All: Elizabeth</p> <p>\$ 8:30 - 9:30 p.m. (Group Ex) Pilates I: Annie</p>	<p>\$ 4:15-5:00 p.m. (MPR) TRX—All: Teri A.</p> <p>4:15 - 5:15 p.m.—NEW! Tween Power Hour: Alex FREE!</p> <p>5:15-5:25 p.m. NEW! Intro to ZUMBA-All: Tiffany <i>1st Tuesday of each month</i></p> <p>5:30 - 6:10 p.m. ZUMBA - All: Tiffany</p> <p>5:30 - 6:15 p.m. Cycling: Eric</p> <p>6:15 - 6:25 p.m. The Ab Lab - All: Tiffany</p> <p>6:30 - 7:25 p.m. Turbo Kick-All: Tiffany</p> <p>\$ 6:00 - 7:15 p.m. (CR) Yoga I: Sarah</p> <p>7:30 - 8:25 p.m. Basic Fitness-B: Sue</p> <p>8:30 - 9:25 p.m. Strength & Endurance - All: Rachael</p>	<p>\$ 4:15-5:00 p.m. (MPR 2) Kettlebell Class - All: Shawn</p> <p>5:00 - 5:45 p.m. Hip Hop Hustle - All: Kristen</p> <p>5:50 - 6:35 p.m. Step - I/Adv: Missy</p> <p>5:30 - 6:15 p.m. Cycling: Stephanie M.</p> <p>6:40 - 7:35 p.m. Strength & Endurance - All: Alisa</p> <p>7:40-8:25 p.m. Zumba— All: RaShell</p>	<p>\$ 4:15-5:00 p.m. (MPR) TRX—All: Teri A.</p> <p>4:15-5:00 p.m.—IT'S BACK! ZUMBA KIDS: Andrea FREE!</p> <p>5:30-5:55 p.m. Core Training—All: Susan</p> <p>5:30-6:10 p.m. (MPR) Hip Hop Hustle All: Tommalisa</p> <p>5:30 - 6:30 p.m. Cycling: Nina</p> <p>6:00-6:55 p.m. CardioSculpt—All: Susan</p> <p>6:00 - 6:45 p.m. (CR) Yoga for Beginners-FREE: Sarah</p> <p>\$ 7:00-7:55 p.m. Pilates I: Jill</p> <p>\$ 7:30 - 8:45 p.m. (CR) Yoga II: Sarah</p> <p>8:00-8:55 p.m. Strength & Endurance - All Denise</p>	<p>5:00 - 5:55 p.m.—NEW! Athletic Conditioning - I/Adv: Denise</p>	
<p>NOTE: All Group Ex & Cycling Classes are FREE to members. For classes marked with a "\$," please see other side of schedule for pricing information.</p>					
<p>YOGA/PILATES FOR BEGINNERS: To participate, please arrive 10 min early to the appropriate room to receive a pass from the instructor. These free classes fill quickly.</p>					
<p>Group Exercise Schedule Key</p> <p>Levels: All=All levels B=Beginner I=Intermediate Adv.=Advanced (\$) = Additional Fee Required (see rates on back of schedule)</p> <p>Locations: CR = Community Room TC = Teen Center GE1 = Group Ex Studio - Side 1 GE2 = Group Ex Studio - Side 2 MPR= Multipurpose Rooms WC = Wellness Center</p>					
<p>UPDATED 01.03.12</p>					

WELCOME TO FISHERS YMCA GROUP FITNESS!
 There are many benefits of group exercise, including cardiovascular health and improved muscular development. Additionally, working out with others can help you stay motivated to achieve your goals! We offer classes for everyone - beginning, intermediate, and advanced! We welcome you to participate and encourage you to try something new! Experiment! Enjoy! You'll be glad you did!



YMCA of Greater Indianapolis Mission Statement
 To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Fishers YMCA
 9012 E. 126th Street, Fishers IN 46038 317.595.9622 www.indymca.org

If you have any questions regarding our Group Exercise schedule, please contact Teri Apple, Associate Wellness Director at tapple@indymca.org or by calling 317.595.9622 x224.

ADDITIONAL GROUP EXERCISE CLASSES

Each of the following classes is held in the WELLNESS CENTER.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:35-12:05 p.m. Treadmill Training-All: Beth	11:35a.m.-12:05p.m. Recumbent Bike –All: Beth 5:30-6:00 p.m. FREE FreeMotion Demo- All: Beth	8:00a.m.-9:00a.m. AOA Cardio Circuit – B: Pete 10:30-11:00 a.m. FREE PT Demo-All: Sara 11:35a.m.-12:05p.m. Treadmill Training –All: Beth 12-12:30 p.m. FREE Flexibility Demo- All: Jodie	11:35a.m.-12:05p.m. Recumbant Bike –All: Beth 5:30-6:00 p.m. FREE PT Demo-All: Matt	8:00a.m.-9:00a.m. AOA Cardio Circuit – B: Pete 12:05a.m.-12:50p.m. Treadmill Training –All: Beth	10:15-10:45 a.m. FREE PT Demo-All: Shawn

CLASS DESCRIPTIONS

BEGINNER/INTERMEDIATE LEVEL

ALL Cycling B

A Learning Level cycling to learn proper riding technique and form.

Silver Sneakers® B

Join other active older adults as we have fun and move to the music through a variety of exercises.

Silver Sneakers® - Yoga Stretch

A variety of safe and effective options to increase flexibility and balance.

Silver Sneakers® II - Cardio Fit

Advanced version for participants who desire and are ready for the cardio workout.

L.I.F.E. B/I: Low Impact For Everyone
 Class will focus on special needs of those 55+ as well as prenatal, postpartum, beginning and returning exercisers.

L.I.F.E. B/I: Strength & Flexibility

Strength train to improve muscle tone, increase flexibility and range of motion.

ALL LEVELS

The Ab Lab All Levels

Latest core techniques will be taught and practiced.

BOSU Body! All Levels

Focus on balance, core, stability, sports conditioning, agility, and flexibility.

CardioSculpt All Levels

Increase your aerobic capacity and develop and shape your muscles during this TOTAL body workout!

Core Training All Levels

A bonus 25 minute class designed to strengthen and develop all layers of the abdominals, back, and glutes.

Functional Fitness All Levels

Dynamic class designed to challenge cardio endurance, improve movement efficiency and increase muscular performance.

Hip Hop Hustle

Join us for a super fun hip hop class that anyone can do. With no experience required, this dance -fitness class is designed to burn mega-calories and put a smile on your face .

Interval Training All Levels

Supercharge your fitness and boost your metabolism by interspersing short bursts of high intensity work with dynamic recovery periods.

Kettlebell Class

Focus on basic core exercises while enjoying the strength and cardio benefits of this outstanding new class! \$52/7 wks (Members) \$102/7 wks (Guests)

Strength and Endurance All Levels

Challenging multi-level class designed to develop strength and endurance for ALL major muscle groups.

Treadmill Training

A 30 minute interval workout with increasing intensities, followed by recovery -- customized for YOU.

Turbo Kick All Levels

Interval class that is a cardio-pumping, muscle

defining workout.

TRX Training

A super-charged combo of strength and cardio training using TRX Suspension Training. \$52/7 wks (Members) \$102/7 wks (Guests)

ZUMBA All Levels

"Zumba" means "to move fast and have fun!" This energizing Latin-inspired fusion workout is the latest fitness phenomenon!

ZUMBA Kids!

A fun ZUMBA class made especially for those ages 5—9 yrs.

INTERMEDIATE/ADVANCED LEVEL

Athletic Conditioning

Get ready to be challenged with this intense and rewarding class!

Advanced Kickboxing

Get ready for Julie to push you, challenge you, and make you sweat!

Extreme Boot Camp

Modeled after actual U.S. Basic Training Camps. Challenging and rewarding! \$71/7 wks (Members) \$120/7 wks (Guests)

Step I/Adv.

Heart pumping cardiovascular workout on, off, and around the bench. Step experience is required.

XTRAIN

Combines weight-lifting, sprinting, kick-boxing, and calisthenics. Extreme fitness—extreme results. \$120/7 wks (Members) \$240/7 wks (Guests)

YOGA & PILATES INFORMATION

YOGA: Fee paid in full for 7 week sessions.

Facility Members:

\$55 (1x / wk for 7 weeks)

\$93 (2x / wk for 7 weeks)

Program Members:

\$93 (1x / wk for 7 weeks)

\$184 (2x / wk for 7 weeks)

PILATES: Fee paid in full for 7 week sessions.

Facility Members:

\$46 (1x / wk for 7 weeks)

\$76 (2x / wk for 7 weeks)

Program Members:

\$76 (1x / wk for 7weeks)

\$152 (2x / wk for 7 weeks)

*For more information regarding any of our Group Exercise classes, please see any Wellness Coach.

CYCLING INFORMATION

Cycling is a 45-60 minute cardiovascular workout set to music. Classes combine cycling techniques with performance visualization. All cycling classes are held in the Cycling studio. To secure a spot in class, riders must pick up a bike tag from the Wellness Office no sooner than 30 minutes before a ride.

If you're new to group cycling, check out our ALLCycle class! Our certified instructors will provide you with a safe and effective workout! For added comfort, you may want to wear cycling shorts and bring a water bottle for each ride.

If you have any questions regarding Group Cycling, please contact Teri Apple, Associate Wellness Director at tapple@indymca.org or by calling 317.595.9622 x224