

## FITNESS CLASS DESCRIPTIONS

**Toning** - This class enhances muscle definition, strength and endurance using a variety of equipment.

**Yoga/Yoga Flow** - A lively yet meditative quality in the true spirit of yoga. A physical and emotional approach to health. Focus is placed on balance, strength, coordination, and flexibility.

**Pilates Toning** - This class uses the body's core or "powerhouse." The carefully performed movements stretch and strengthen, working deep abdominal muscles to produce a leaner look and improved posture.

**Pilates Reformer** - Transform your body with the Pilates Universal Reformer group session that will lengthen & strengthen your entire body & create long, lean, flexible muscles. (Extra charge for this class)

**Sunrise Surprise** - Come join us to wake up those and start your day off right. This full body workout includes a cardio, toning and flexibility segment every time.

**Fit Mix** - This class offers a mix of hi/low impact aerobics designed to increase cardiovascular fitness. It utilizes basic choreographed aerobic movements. It also includes toning. A real heart-pounding workout!

**Bootcamp** - If you want a strong, lean, toned body - this class is for you! A blend of calisthenics, weight lifting, and toning. Various equipment is used such as medicine balls, dumbbells and weighted bars. Class may be held indoors or outdoors (depending on weather).

**Chi Ball** - A blend of Tai Chi, Yoga, & Pilates exercises that uses a small ball for focus. Generate & balance the flow of chi, or energy while burning calories, firming & toning muscles as you lengthen them.

**Booty Barre** - A fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.

**Zumba** - This class is considered exercise in disguise. An intensely choreographed class involving Salsa, Martial Arts and fun with a Latin flair!

**PiYo Strength** - A unique, high energy, cardio based yoga and Pilates inspired workout. Come sweat with us!

**Pound** - A cardio jam session inspired by the energizing and sweat-dripping fun of playing the drums!

**Generation Pound** - A youth-oriented program that fuses movement and music to improve fitness and focus using lightly weighted Ripstix.

**Strong by Zumba** - Combines high-intensity interval training with Synced Music Motivation. Music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

**Aquafit** - Moderate-intensity. After warming up you will be challenged by an aerobic segment that burns calories and strengthens the cardiovascular system. You'll use the resistance of the water, dumbbells, noodles, and more. Floatation devices are available or you can stay in the shallow end.

**Swimnastics** - This is a great place to start! This low intensity workout for those just beginning an exercise program and for active older adults that need the added buoyancy provided by water.

**Seniorcise** - Just getting started in an exercise program or have limitations to your physical being? This class is designed for you. A vitalizing, easy-to-follow exercise routine that focuses on balance, coordination, and flexibility.

**Senior Water Exercise** - Low to moderate workout that can be modified to fit your needs.

**Spinning** - This group fitness class is the workout everyone is looking for! It's a high intensity/low impact cardiovascular workout on a stationary bike. The class follows a variety of drills to simulate different terrain encountered on an outdoor ride.

**Spin Express** - A 30-minute intense ride to get you in and out!

**SPENGA** - A great workout: 20 minutes Spinning, 20 minutes Strength training and 20 minutes Yoga flexibility all in one class!

**Step it Up** - High calorie burning fun with choreographed workout using a step.

**Chair Yoga** - Enjoy all the health benefits of yoga while performing modified poses with or in a chair. Great for seniors or those with limited mobility.

**Dance Fitness** - Work on your dance moves and cardio fitness with easy-to-follow choreography and a variety of music. No prior dance experience necessary!

**Fit Walk** - A great intro to walking class with music, camaraderie and light aerobics. Good for seniors!

**Parkinson's Classes** - Please see our website at [www.jacksonvilleymca.org](http://www.jacksonvilleymca.org) for more detailed information.
















































## FITNESS SCHEDULE

MARCH  
BOB FREESEN YMCA



BOB FREESEN YMCA  
1000 Sherwood Eddy Lane  
Jacksonville, IL 62650  
P 217-245-2141

3/1/20

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LAND EXERCISE CLASS</b> 	6 a.m.	Sunrise Surprise Sue 6-7	Sunrise Surprise Carol 6-7	Sunrise Surprise Sue 6-7	Sunrise Surprise Sue 6-7	Sunrise Stretching Sue 6-7	
	7 a.m.		Fit Walk (inside) Jennifer 7:45-8:15 			Step It Up Jennifer 7:45-8:15	
	8 a.m.	Fit Mix Terri 8:30-9:30 	Chi Ball Angie 8:30-9:30 	Fit Mix Terri 8:15-9:15 	Strong by Zumba Angie 8:30-9:30 	PIYO Express Angie 8:30-9 	Pilates Reformer Sign up at desk* (*Extra charge for this class) 
	9 a.m.	Strong by Zumba Angie 9:45-10:30 	SPENGA Amy 9:30-10:30 		SPENGA Amy 9:30-10:30 	Zumba Angie 9-9:45 	Yoga Jeannie 9:30-10:30 
	10 a.m.			PIYO Strength Angie 10-11 			
	11 a.m.		Chair Yoga Amy 11-11:45			Chair Yoga Amy 11-11:45	
	noon	Yoga Flow 12:15-1 	Toning Terri 12:10-12:50 	Yoga Flow 12:15-1 	Toning Terri 12:10-12:50 		
	1 p.m.		Rock Steady Boxing Parkinson's Class Amy 1:15-2:35		Circuit Training Parkinson's Class Jennifer 1:15-2:15		
	2 p.m.	Seniorcise Shirley 2:15-3		Seniorcise Shirley 2:15-3		Seniorcise Shirley 2:15-3	
	3 p.m.	Parkinson's Class Movement Amy 3-4	Generation Pound Jennifer 3:15-4				
	5 p.m.	Booty Barre Christine 5-5:45 		Yoga Amy 5-5:45 	SPENGA Jennifer 5:15-6 		
	6 p.m.	Bootcamp Christine 6-6:45 		Dance Fit Amy 6-6:30 	Pound Jennifer 6-6:30 		
	6 p.m.			Pilates Toning Leslie 6-7 			
	7 p.m.			Ballroom Dance Phil 7-9 			
<b>WATER</b> 	8:30-9:30 a.m.	Aquafit Jennifer	Aquafit Jennifer	Aquafit Jennifer	Aquafit Jennifer	Aquafit Jennifer	
	9:30-10:30 a.m.		Swimnastics Kathy	Swimnastics Kathy	Swimnastics Kathy		
	1-2 p.m.	Senior Exercise Shirley		Senior Exercise Shirley		Senior Exercise Shirley	
	6-7 p.m.	Aquafit Sarah	Aquafit Cindi	Aquafit Sarah	Aquafit Cindi		
<b>SPIN</b> 	6 a.m.	Spinning Judi 6-6:45 	Spinning Jennifer 6-6:45 	Spinning Judi 6-6:45 	Spinning Jennifer 6-6:45 	Spinning Judi 6-6:45 	
	7 a.m.						Spinning Jennifer 7:30-8:15 
	9 a.m.	Spinning Mary 9-9:45 	SPENGA Mary 9:30-9:50 	Spinning Mary 9-9:45 	SPENGA Mary 9:30-9:50 	Spinning Mary 9-9:45 	
	noon	Spin Express Adam 12:15-12:45 		Spin Express Jennifer 12:15-12:45 			
	5 p.m.	Spinning Jennifer 5:15-6 	Spinning Christine 5:15-6 	Spinning Jennifer 5:15-6 	SPENGA Jennifer 5:15-5:35 		

Check for class changes on our website [www.jacksonvilleymca.org](http://www.jacksonvilleymca.org), Facebook and Instagram.

3/1/2020

Bob Freesen YMCA Fitness Classes

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MARCH