



STREATOR FAMILY YMCA Group Exercise Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

Total Body Transformation (TBT) w/ Cat	9:00-9:45 AM
Silver Sneakers Classic w/ Zena	9:15-9:45 AM
BOOM MOVE IT w/ Zena	10:00-10:45 AM
Total Body Transformation (TBT) w/ Cat	6:00-6:45 PM

TUESDAY

Extreme HIIT Chaos w/ Afton	5:00-5:45 AM
Silver Sneakers Splash w/ Nichole	9:00- 9:45 AM
Flow Yoga w/ Cat	9:30-10:15 AM
Barre H2O w/ Nichole	10:00-10:45 AM
Cycling w/ Bri	6:00-6:45 PM
Strong by Zumba w/ Katie & Beth	6:00-6:45 PM

WEDNESDAY

Extreme HIIT Chaos w/ Nichole	9:00-9:45 AM
Silver Sneakers Circuit w/ Zena	10:00-10:45 AM
Zumba w/ Beth	6:00-6:45 PM

THURSDAY

Extreme HIIT Chaos w/ Afton	5:00-5:45 AM
Silver Sneakers Splash w/ Kyle	9:00-9:45 AM
Barre Above w/ Nichole & Lisa	9:00-9:45 AM
Barre Above w/ Nichole & Lisa	6:00-6:45 PM

FRIDAY

Total Body Transformation (TBT) w/ Katie	9:00-9:45 AM
Silver Sneakers Combo w/ Zena	10:00-10:45 AM

Group Exercise Class Descriptions

Total Body Transformation (T.B.T) – This class, taught by personal trainers, combines different types of cardio and strength training for the whole body. Modifications are provided for all fitness levels.

BOOM MOVE IT– A interactive dance workout class that improves cardio endurance, cognitive skills, and burns calories. This class focuses on simple dance moves and builds into more complex sequences, bringing you a great cardio workout.

SILVER SNEAKERS CLASSIC– This class focuses on strengthening muscles and increases range of motion for daily life activities. A chair is used for seated or standing support.

SILVER SNEAKERS SPLASH – A fun, shallow water exercise class that uses a signature splash board to increase movement and intensity options.

SILVER SNEAKERS CIRCUIT – This workout offers standing, low impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubes.

SILVER SNEAKERS COMBO–Designed to help you become stronger and improve balance. The movements taught in this class focus on specific exercises to improve strength and power around the ankle, knee, and hip joint, while improving reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill level of the individual participant. A chair may be used for extra support.

FLOW YOGA – A fun and invigorating class creatively linking breath and pose. This class will get your breath dialed in for a flowing meditation in movement.

STRONG BY ZUMBA – Combines body weight, muscle conditioning, cardio and plyometric training.

CYCLING –This class focuses on endurance, strength, intervals, and recovery using a stationary exercise bike.

EXTREME HIIT CHAOS – A workout designed by current science of high intensity interval training, moderate to high intensity followed by periods of rest. Extreme Chaos allows you to progress levels of muscle challenges for your training level.

ZUMBA– Mixes low-intensity and high intensity moves for an interval-style, calorie-burning dance fitness party.

BARRE ABOVE– Barre Above fuses the best of pilates, yoga, aerobics, and elements of strengthening exercises dancers do. Barre Above delivers a fun and dynamic results driven workout.

BARRE H2O– A water group exercise class that combines the format of an aqua class with traditional barre movements.