



BILL BARTLEY BRANCH FAMILY YMCA

GROUP X SCHEDULE AUGUST 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am	Body Sculpt (Liz H) 5:15am-6am Cross Training Rm	Body Sculpt (Liz H.) 5:15am-6am Cross Training Rm	Body Sculpt (Liz H.) 5:15am-6am Cross Training Rm	Body Sculpt (Liz H) 5:15am-6am Cross Training Rm	Body Sculpt (Liz H.) 5:15am-6am Aerobics Rm		
	Aerobics Lo/Lite (Terri K.) 9-9:55am Aerobics Rm	Silver Sneakers (Brenda) 8:30-9:20am Social Rm	Cycle (Lori S.) 5:15-6am	Silver Sneakers (Brenda) 8:30-9:20am Social Rm	Aerobics Lo/Lite (Yvonne/ Terri) 9-9:55am Aerobics Rm		
9am	Silver&Fit (Dee Ann S.) 9-9:55am Stephens Center	Pilates (Amanda C.) 9:00 - 9:55am Aerobics Rm	Aerobics Lo/Lite (Yvonne/ Terri) 9-9:55am Aerobics Rm	Pilates (Amanda C.) 9:00 - 9:55am Aerobics Rm	Silver Fit (Lori S.) 9-9:55am Stephens Center	Pack n Go!!! (Elias A) 8:30am-10am Out Doors	
9am		SilverSneakers Yoga (Brenda) 9:25-10am Social Rm	Silver&Fit (Brenda) 9-9:55am Stephens Center	Silver Sneakers Yoga (Brenda) 9:25-10am Social Rm		Body Sculpt (Liz H.) 9-9:45am Cross Training Rm	
		TRX Sculpt (Meg B.) 9:15am-10am Cross Training Rm	Cycle (Karen) 9-9:50am	TRX Sculpt (Meg B.) 9:15am-10am Cross Training Room		Cycle (Brandon B.) 9:30-10:30am	
10am	Body Sculpt Yoga (Meg B.) 10am-10:50am Aerobics Rm	Zumba (Essence) 10am-10:50am Aerobics Rm	Body Sculpt Yoga (Meg B.) 10am-10:50am Aerobics Rm	Zumba (Essence) 10am-10:50am Aerobics Rm	Body Sculpt Yoga (Meg B.) 10am-10:50am Aerobics Rm.	BOXMASTER (Liz H.) 10am-10:35am Cross Training Rm	SOCIAL ROOM
10am	Stretch (Amanda C.) 10:05-10:40am Social Rm		Stretch (Amanda C.) 10:05-10:40am Social Rm		Stretch (Amanda C.) 10:05-10:40am Raquetball Ct.	Zumba (Diane M.) 10am-10:55am Aerobics Rm	AEROBICS ROOM
11am	Power Max (Megan G.) 11:00-11:50am Cross Training Rm	BOXMASTER (Meg B.) 11:00-11:35am Cross Training Rm	Power Max (Megan G.) 11:00-11:50am Cross Training Rm	BOXMASTER (Liz H.) 11:00am-11:35am Cross Training Rm	Power Max (Megan G.) 11:00-11:50am Cross Training Rm		CROSS TRAINING ROOM
12pm	Yoga (Terri K.) 12:00-12:40pm Aerobics Rm	Core (Bri D.) 12:10-12:45pm Cross Training Rm		Core (Meg B.) 12:10-12:45pm Cross Training Rm	Yoga (Terri K.) 12:00-12:40pm Aerobics Rm		RAQUETBALL CT SPIN ROOM
	Cycle (Liz H.) 12:00-12:50pm		Cycle (Liz H.) 12:00-12:50pm		Cycle (Jessica W.) 12:00-12:50pm		STEPHENS GYM CENTER
130p	Silver Sneakers (Brenda S.) 1:30-2:30pm Social Rm		Silver Sneakers (Brenda S.) 1:30-2:30pm Social Rm		Silver Sneakers (Brenda S.) 1:30-2:30pm Social Rm		
4:30p	Zumba (Laci/Kristin) 4:30-5:20pm Aerobics Rm						Cycle Instructor Rotation 3pm-4pm
5:30p	BODYPUMP (Becca/Alicia) 5:30-6:30pm Aerobics Rm	Zumba (Laci) 5:30-6:30pm Aerobics Rm	BODYPUMP (Becca / Alicia) 5:30-6:30pm Aerobics Rm	Zumba (Laci/Lynette) 5:30-6:30pm Aerobics Rm			
6:15p	Body Sculpt (Austin B.) 5:30pm-6:15pm Cross Training Rm	Body Sculpt (Liz H.) 5:30pm-6pm Cross Training Rm	Body Sculpt (Austin B.) 5:30-6:15pm Cross Training Rm	Body Sculpt (Austin B.) 5:30pm-6pm Cross Training Rm			
	Cycle (Lori S) 5:30-6:20pm	Cycle (Miki A.) 5:30-6:20pm	Cycle (Brandon B.) 5:30-6:20pm	Cycle (Brandon B.) 5:30-6:20pm			
6:30 PM		BOXMASTER (Liz H.) 6:15pm-6:50pm Cross Training Rm		BOXMASTER (Austin B.) 6:15pm-6:50pm Cross Training Rm			
	Zumba (Devyn) 6:35-7:30pm						

AEROBICS LO/LITE

A low impact, cardio dance class with easy to follow combinations to a variety of music (rock to salsa), followed by muscle toning with weights, bands, bars, or balls. This is a fun cardio workout for (and adaptable to) all ages and abilities.



BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! One of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

CORE

We will focus on your CORE (the major muscles that move, support and stabilize your spine). A vigorous half hour that will work your middle and improve strength, stability, and overall functionality!

PILATES

A class that focuses on developing strength through the core of the body - the back, abdomen and hips. This provides a foundation to continue working the rest of the body. The concentration is not only on strength but also flexibility and coordination.

POWER MAX



High intensity interval training, circuit training, and Tabata full body training. Burn fat, rev up your metabolism, and push your limits! Geared for all fitness levels.

SPIN NEW TO SPIN!!! ENCOURAGED COME EARLY TO GET SETUP!



Group cycling for an exciting cardio experience! Hills, sprints, intervals, and so much more all combined in a fun, calorie blasting workout!



A fun group dance class, Latin inspired, to sculpt your body. Shimmy, shake and sweat your way to the best shape of your life.

YOGA

Intro to yoga: In this series, we perform a set routine of Vinyasa Flow Yoga to introduce methods and techniques for the regular practice of yoga. This is an intermediate level class suitable for both beginners and regular practitioners of yoga.



A class for moderately active older adults who exercise in some way one or two days a week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance.

STICKS

Combines dance-type moves with the rhythm of the drums to make you part of the music! Have fun using large exercise balls and drumsticks to pound out the beat. Release you inner "Rockstar" during this addictive class!

PiYO is a total-body fitness system. It works your body from head to toe. PiYo combines the practices of Pilates and yoga to help you build strength, increase flexibility and have a great time doing it using upbeat music. PiYo is a cardio workout on a yoga mat.

STRETCH

A gentle, 30 minute flexibility class using mats and chairs. It incorporates slow, elongating stretches for all major muscle groups and improves muscular balance and posture. It also helps reduce the potential for injury, is beneficial in injury rehab, and increases range of motion.

TRX SCULPT



All over full body workout incorporating all various formats that are currently trending the market, hit, Tabata, strength conditioning and cardio. As well as primarily TRX Suspension straps.

BODY SCULPT



Full body workout, various different modalities used. Workout are scalable to allow all abilities to participate.

PICKLEBALL

Is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis.[2] Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Whiffle Ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court.

BODY SCULPT YOGA

It will combine the fundamentals of yoga and Pilates with some additional hints of dance and martial arts here and there. I will be choreographing the routine to current hits in country and pop. It will be a full body experience starting at standing leg strength and balance, down to an arm/push up track, back, laying leg and abs and final stretching sequence.



MUST HAVE PROTECTED GLOVES (MMA GLOVES OR BOXING SPECIFIC GLOVES) THE TOWERS CAN AND WILL CAUSE BUSTED KNUCKLES.

CLASSES WILL BE LIMITED TO 12 PEOPLE MAX CLASSES AND WILL BE A FIRST COME FIRST SERVE BASES. FAST PACED

IF YOUR PREGNANT OR EPILEPIC YOUR NOT ABLE TO PARTICIPATE.

PACK UP AND GO!

This program is a moderate to advanced level fitness activity that involve participants to walk with weighted backpack on their back. It gets its name from Rucking. The word Rucking is a military form of fitness. This program will involve some walking, jogging, running, and calisthenic exercises. The participants will increase their potential for strength, core strength, heart and lungs capacity, and promote weight loss over a period of time.

Members: FREE - Nonmembers: \$10.00

Class currently showcasing

TRX

TRX Suspension

TRX

Power Max—Body Sculpt—Core Classes

TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Delivers a fast, effective total-body workout, helps build a rock-solid core, increases muscular endurance, benefits people of all fitness levels (pro athletes to seniors).

CHILD WATCH (FREE TO MEMBERS)

For children (6 weeks - 10 years)

Children can play in our safe and fun Child Watch room while parents exercise. To utilize Child Watch, members must have a Family or One-Parent Family Membership.

CALL AHEAD AT LEAST ONE HOUR TO RESERVE YOUR CHILD'S SPOT! (940-761-1000)*

HOURS:

Mon-Fri 8:30am-1:00pm

Mon-Fri 4pm-8pm

Saturday 8:30am- 12:00pm