



# LAND FITNESS SCHEDULE Begins January 2, 2025

More for your membership! ALL Group Exercise classes are included in your membership!

**Certified Fitness Instructors: Group Exercise Coordinator: Mickey Stewart**

Penny Birch/Justin D'Antonio/Kimberly Donovan/Jennifer Friel/Heather Gerlach/Rochelle Graham

Penny Guiste/Sandy Ihlenfeld/Jamie Knauff/Barb Maxwell/Tammy McGaughey/Heidi Nicholls-Bowser

Alice O'Melia/Evonne Patterson/April Payne/Dana Sabo/Mickey Stewart/Jake Taciuch/Bill Weber/Kati Weiland

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 7:00 AM	<b>ALL Weight Training</b> Tammy 1,2,3	<u>7:00-8:00am</u> <b>ALL Weight Training</b> Sandy 1,2,3	<b>ALL Weight Training</b> Tammy 1,2,3			<u>7:15-8:15am</u> <b>SATURDAY STRONG</b> Penny B., Jamie or Rochelle 1,2,3
SEE TIMES		<u>8:15-9:00am</u> <b>YOGA FOR ALL</b> Mickey		<u>7:00-7:45am</u> <b>T-45</b> Jamie 1,2,3	<u>8:00-9:00am</u> <b>YOGA FOR ALL</b> Mickey	<u>8:30-9:30am</u> <b>Saturday Surprise</b> Penny B., Jamie or Rochelle 1,2,3
8:50 AM - 9:50 AM			<u>9:00-9:45am</u> Functional Walk Program Center Evonne 1,2,3	★ <b>ALL Weight Training</b> Sandy 1,2,3		
9:30 AM - 10:15 AM	<b>Classic Step Party</b> Heidi 1,2,3	<b>Glute-Camp MaXX</b> Heidi 2,3	<b>CORE WORX</b> Barb 2,3		<b>Step 45 Fun</b> Mickey 1,2,3	
10:00 AM - 10:45 AM	NEW			<b>BODY WORX</b> Barb 2,3	<u>10:30-11:15am</u> <b>Circuit Stations</b> Evonne/Nichole 2,3	
10:30 AM - 11:15 AM	<b>BARRE LATES</b> April	<b>BARRE WORX</b> Barb 1,2,3				
11:00 AM - 11:45 AM					★ <b>CHAIR YOGA</b> Program Center Mickey	1= Beginner 2= Intermediate 3= Advanced Numbers are a guide to let you know what to expect. Don't let a number keep you out of class! You can adjust your workout to what you like.
11:30 AM - 12:00 PM	<b>Advanced Tai Chi</b> Bill *Fee Jan 6 - Feb 17			<b>Advanced Tai Chi</b> Bill *Fee Jan 9 - Feb 20		
12:30 PM - 1:30 PM	<b>Beginner Tai Chi</b> Bill *Fee Jan 6 - Feb 17			<b>Beginner Tai Chi</b> Bill *Fee Jan 9 - Feb 20		
4:00 PM - 5:00 PM		<b>YOGA FOR ALL</b> Jennifer				
5:15 PM - 6:15 PM	<b>20/20/20</b> Rochelle	<b>ALL Weight Training</b> Penny B. 1,2,3	<u>5:15-6:00pm</u> <b>Classic Step Party</b> Rotation 1,2,3			
5:30 PM - 6:15 PM				<b>SHRED-X</b> Heidi 2,3		★ This symbol indicates the class will be held in the Program Center
6:30 PM - 7:30 PM	<b>FUNCTIONAL YOGA</b> Kimberly	<b>Kickboxing/Sculpt</b> Dana 1,2,3				Schedules available on our mobile app! Download by searching Butler County Family YMCA
						Wellness classes can be strenuous. Please consult your physician. By participating in these classes, you indicate that you have no physical conditions or health problems.



## FITNESS CLASS DESCRIPTIONS

**20/20/20** - This total body, fusion type class takes you through 20 minutes of cardio, 20 minutes of strength training and 20 minutes of dynamic core work!

**ALL Weight Training** - Class focuses on core stability & progression in strength training. All muscle groups are worked in each class. A variety of equipment is used and varies each week to continually challenge your body. Format is based on the latest science to effectively build strength and conditioning.

**NEW! Barre Lates** - Great combination of Barre moves blended with Pilates!

**Barre WORX** - This is a safe, low impact program that will tone & strengthen your body. It is safe & effective for all fitness levels. Using a combination of postures inspired by ballet and other disciplines like yoga and pilates, the class will focus on strength training combined with range-of-motion movements.

**BODY WORX** - A total body workout combining intervals of cardio & strength training. This 45-min workout will utilize various resistance equipment and dynamic full body exercises to make you sweat/sculpt from head to toe.

**Chair Yoga** - Introductory class that will help you to increase flexibility, balance & range of motion while seated in a chair. If you can't stand for long periods of time or if you are recovering from injury, this is the class for you!

**Circuit Stations** - Level-UP your fitness with this circuit-based class that combines elements of HIIT along with strength training circuits that will bring your fitness to the NEXT LEVEL!

**Classic Step Party** - Dance party music and all of the classic step moves you love will give you a heart pumping and fat burning workout like you won't believe! Additional strength & core work round out this FUN workout!

**Core Worx** - This 45-minute class features intense **CORE ACTIVATION**, using both dynamic large muscle group exercises, plus targeted core strength and stability!

**Functional Walk** - This cardiovascular class has wakening intervals, with differing paces/times along with functional body weight strength and standing core and balance work.

**Functional Yoga** - In order to move freely and easily, you need a combination of strength, suppleness, balance, and coordination. This class emphasizes correct form, mobility and strength over flexibility. We will also incorporate the mini ball to work our deep core muscles more efficiently and effectively.

**Glute-Camp MaXX** This is a high intensity workout that is specially designed to target the glutes and lower body. Dynamic exercises, Cardio H.I.I.T. training and targeted glute exercises will give you a BURN you will feel!

**Kickboxing/Sculpt** - combines high-energy kickboxing moves with strength-building dumbbell exercises. The class is choreographed to upbeat music that matches the intensity of the workout. Participants will experience improved cardiovascular health, increased muscular strength, and an exhilarating full-body workout.

**Saturday Strong** - Get ready for a new kind of Saturday morning strength class! THREE instructors, THREE kinds of classes rotated each week! Expect anything from Strength Intervals to Strength Circuits! This class will keep you motivated and STRONG!

**Saturday Surprise** - Along with our popular 20/20/20 format, we will be throwing in a POP-UP surprise class! Expect anything from Cardio Dance Party to Boxing Fitness! Mix up your weekend with something NEW!

**Shred-X** - Experience the cardio-crushing benefits of HIIT training along with dynamic, total body strength exercises that will challenge you to the limit! Get it all done in this 45-minute class that changes each week!

**Step 45 FUN!** - combination of all step modalities...intervals/ combinations/ HIIT... whatever is fun!

**T45** - A total 45-minute BLAST of Tabata HIIT training that incorporates major Cardio "heart-rate training" along with dynamic strength PLUS core strength and stability!

**Tai Chi (Beginner & Advanced)** - Tai Chi involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. Each posture flows into the next, ensuring constant motion.

\*Program Fee applies, please register.

**Yoga For All** - All inclusive and accessible practice for everyone offering many options in all the poses.

**AGES 14 AND OLDER WELCOME!**  
**JUNIOR GROUP EXERCISE PARTICIPANT POLICY:**  
Ages 12-13 may attend adult classes with a parent.  
Youth must not be a distraction to the adult class.

**YMCA Contact information:**  
Membership & Healthy Living Director  
Heidi Nicholls Bowser  
Group Exercise Coordinator - Mickey Stewart