



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

NEOSHO FREEMAN FAMILY YMCA – Effective November 27, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00am Toning Fitness Ball (Cortney)		9:00-10:00am Toning Fitness Ball (Cortney)		8:00-9:00am Zumba Ashlee	8:30-9:30am Bootcamp (Bob)
	10:00-11:00am Pilates (Peggy)	10:00-10:30am Spin (Cortney)		9:15-9:45am Spin (Bob)	9:30-10:30 Zumba (Ashlee)
				10:00-11:10am Yoga (Peggy)	
11:30am-12:15pm Silver Sneakers (Kathie)	11:30am-12:15pm Silver Sneakers Yoga Stretch (Kathie)	11:30am-12:15pm Silver Sneakers (Kathie)	11:30am-12:15pm Silver Sneakers Yoga Stretch (Kathie)		
5:00-5:30pm Total Body Toning (Bob)		5:00-5:30pm Total Body Toning (Sarah)			
6:00-7:00pm Zumba (Casey)	6:00-7:00pm Zumba (Casey)		6:00-7:00pm Zumba (Casey)		

Neosho Freeman Family YMCA

4701 Chouteau St
 Neosho, MO 64850
 (417) 455-9999

****Instructor will wait 10 minutes from class start time, if no attendees show, class will be cancelled.****

Bootcamp- this class mixes traditional callisthenic and body weight exercises with interval training and strength training. This is a fun class for all fitness levels that is guaranteed to make you sweat!

Pilates- Incorporating alignment, breakdown of basic poses and breath awareness, this class moves at a pace just right for you. Perfect for beginners!

Revolution-Short on time doesn't mean short on results. Saddle up for an efficient high intensity interval training (HIIT) cycling experience that strengthens your legs, improves heart and lung function, and increases your determination to be fit for life!

SilverSneakers®- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SilverSneakers®YogaStretch ®-45 minute class in which participants use a chair for seated and standing support. This class will help participants increase flexibility and range of motion; improve balance and core strength, increase muscular endurance with an emphasis on using breath more effectively.

Spin- 30 to 45 minutes of spinning! Spinning is a great way to exercise while also improving your cardiovascular endurance. This class will get the heart pumping!

Toning Fitness Ball- Exactly what it sounds like! Tone the entire body, strengthen your core, and improve stability muscles, all in one class!

Total Body Toning-Tone the entire body, strengthen your core, and improve muscular strength.

Yoga- A beginner Yoga class, focusing on the principles of alignment, breathing technique and relaxation. A series of gentle primary postures and yoga basics are taught - with an emphasis on increasing flexibility, stretching, lengthening the spine, and reducing tension.

Zumba®- fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

Zumba®Toning- combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove.