



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

NEOSHO FREEMAN FAMILY YMCA – Effective April 30, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00am Toning Fitness Ball Cortney	9:00-9:30am Buns & Guns Christa	9:00-10:00am Toning Fitness Ball Cortney	9:00-9:30am Buns & Guns Christa	8:00-9:00am Zumba Ashlee	8:30-9:30am Bootcamp Bob
			9:30-10:15am Fat Blaster Christa	9:15-9:45am Spin (Bob)	9:30-10:30 Zumba Ashlee
	10:00-11:00am Pilates Peggy	10:00-10:30am Spin Cortney		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 Sarah		5:00-5:30pm Total Body Toning Bob			
5:30-6:00pm Spin Sarah					
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!

**Buns & Guns-**This 30-minute class is designed to sculpt your lower body as well as your arms. Come try this class for a great workout!

**Fat Blaster-** Come make your fat cry with Christa!

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

**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.