

GROUP EXERCISE SCHEDULE • The Studio

NEOSHO FREEMAN FAMILY YMCA • Effective Fall 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30–6:00am PROJECT COMEBACK Instructor: Tiffaney		5:30–6:00am PROJECT COMEBACK Instructor: Tiffaney	
9:00–10:00am TOTAL BODY TONING Instructor: Cortney		9:00–10:00am TOTAL BODY TONING Instructor: Cortney	
10:00–10:30am BALANCE/FLEXIBILITY Instructor: Cortney	10:30–11:30am SENIOR ELITE Instructor: Mike	10:00–10:30am SPIN Instructor: Cortney	10:30–11:30am SENIOR ELITE Instructor: Mike
11:30am–12:30pm SILVERSNEAKERS® Instructor: Kathie	11:30am–12:30pm SILVERSNEAKERS® YOGA Instructor: Kathie	11:30am–12:30pm SILVERSNEAKERS® Instructor: Kathie	11:30am–12:30pm SILVERSNEAKERS® YOGA Instructor: Kathie
5:30–6:15pm YOGA WITH AUDREY Instructor: Audrey	5:30–6:00pm HIIT Instructor: Marly		5:30–6:00pm HIIT Instructor: Marly
6:30–7:00pm ZUMBA Instructor: Casey			6:30–7:30pm REFIT Instructor: Makayla
7:00–8:00pm REFIT Instructor: Makayla			

BALANCE/FLEXIBILITY

This class is exactly what it sounds like. Tone the entire body, strengthen your core and improve stability muscles all in one class!

HIIT

HIIT is a full-body workout. The class is a **rigorous interval training sequence with high-intensity exercises**. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.

PROJECT COMEBACK

Moderate intensity strength training set to upbeat music.

REFIT

With powerful moves and positive music, you'll discover an inspiring workout that changes your body, mind and soul. This cardio-focused class is effective and FUN — perfect for beginners and challenging for fitness enthusiasts (which means it's a workout designed for everyBODY!)

SILVERSNEAKERS® CLASSIC

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

SILVERSNEAKERS® YOGA

Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of poses designed to increase flexibility, balance and range of movement. Restorative exercises and final relaxation will promote stress reduction and mental clarity.

SENIOR ELITE

Whether you're a senior or getting close, Mike has the perfect program for you to be stronger, better and more mobile.

TOTAL BODY TONING

This is a high-impact HIIT style class that will get your heart rate up quickly. This class uses a variety of exercises in a circuit style workout. This a fun class for any fitness level!

YOGA WITH AUDREY

Audrey guides you through movements and breathing associated with beginning yoga poses. A great way to improve overall health and fitness.

ZUMBA

This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will buoy you away!

MEMBERS MAY USE THE STUDIO WHEN CLASS IS NOT IN SESSION.