



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE



## NEOSHO FREEMAN FAMILY YMCA • UPDATED OCTOBER 18, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30 am <b>AQUA BEATS</b> Instructor: George Class location: Pool	8:30-9:30 am <b>AQUACISE</b> Instructor: George Class location: Pool	8:30-9:30 am <b>AQUA BEATS</b> Instructor: George Class location: Pool	8:30-9:30 am <b>AQUACISE</b> Instructor: George Class location: Pool	8:30-9:30 am <b>AQUA BEATS</b> Instructor: George Class location: Pool
9:00-10:00 am <b>TOTAL BODY TONING</b> Instructor: Cortney Class location: Studio		9:00-10:00 am <b>TOTAL BODY TONING</b> Instructor: Cortney Class location: Studio		
9:45-10:30 am <b>JOINTS IN MOTION</b> Instructor: Kathie Class location: Pool	9:30-10:30 am <b>JOINTS IN MOTION</b> Instructor: Kathie Class location: Pool	9:45-10:30 am <b>JOINTS IN MOTION</b> Instructor: Kathie Class location: Pool	9:45-10:30 am <b>JOINTS IN MOTION</b> Instructor: Kathie Class location: Pool	9:30-10:30 am <b>WATER VOLLEYBALL</b> Instructor: George Class location: Pool
10:00-10:30 am <b>BALANCE/ FLEXIBILITY</b> Instructor: Cortney Class location: Studio		10:00-10:30 am <b>SPIN</b> Instructor: Cortney Class location: Studio		
10:30-11:15 am <b>SILVER SPLASH</b> Instructor: Grant Class location: Pool	10:30-11:30 am <b>H2O COMBO</b> Instructor: Amberly Class location: Pool	10:30-11:15 am <b>SPLASH</b> Instructor: Grant Class location: Pool	10:30-11:30 am <b>H2O COMBO</b> Instructor: Amberly Class location: Pool	
11:30-12:30 am <b>SILVERSNEAKERS</b> Instructor: Kathie Class location: Studio	11:30-12:30 am <b>SILVERSNEAKERS YOGA</b> Instructor: Kathie Class location: Studio	11:30-12:30 am <b>SILVERSNEAKERS</b> Instructor: Kathie Class location: Studio	11:30-12:30 am <b>SILVERSNEAKERS YOGA</b> Instructor: Kathie Class location: Studio	
<b>Saturday</b>				
6:00-6:30 pm <b>HIIT</b> Instructor: Marly Class location: Outside	6:00-7:00 pm <b>BODY SCULPTING</b> Instructor: Crystal Class location: Outside	6:00-6:30 pm <b>HIIT</b> Instructor: Marly Class location: Outside	6:00-7:00 pm <b>BODY SCULPTING</b> Instructor: Crystal Class location: Outside	8:00-9:00 am <b>REFIT</b> Instructor: Liz Class location: Studio
6:30-7:00 pm <b>ZUMBA</b> Instructor: Casey Class location: Studio				
	6:30-7:30 pm <b>REFIT</b> Instructor: Liz Class location: Studio		6:30-7:30 pm <b>REFIT</b> Instructor: Liz Class location: Studio	

**Social distancing will be enforced in all classes.  
Members may use the studio when class is not in session.  
Swimmers must shower before entering the pool.**

# CLASS DESCRIPTIONS

## **Aqua Beats**

Low-impact water fitness class that incorporates music and rhythms to your workout.

## **Aquacise**

A total body workout using a variety of quicker paced exercises held in shallow water. This class combines light aerobic workout with muscle strengthening and flexibility. Participants may use equipment to enhance workout.

## **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!

## **Body Sculpting**

Non-aerobic, muscle toning class, focused on core strength. Uses weight bars, exercise bands, dumbbells or a combination of both performing traditional weight training moves.

## **H2O Combo**

This mind-body workout incorporates movements based on elements of Yoga, Tai Chi and Pilates. This class is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles.

## **HIIT**

High Intensity Interval Training involves repeated bouts of high intensity effort followed by varied recovery times. This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines.

## **Joints in Motion**

Instructors guide participants through a low impact warm water workout. Exercises are aimed at improving joint range of motion, reducing joint stiffness and pain. Great class for beginners, participants with back pain, arthritis or recovering from surgery.

## **REFIT**

This class combines several elements of fitness into one power-packed hour. While the focus is structured around Cardio Dance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout.

## **Silver Splash**

A fun, shallow-water exercise class that uses a signature splash board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

## **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, a 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.

## **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!

## **Water Volleyball**

Enjoy this friendly water volleyball game with others while getting a healthy low-impact workout!

## **Zumba**

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