



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Winter I - 2018 (Jan 2 - Feb 19)

Group Classes

Step Aerobics

Using a bench and risers, you will step up and down and learn fun patterns to upbeat music.

Days & Times	Ages	Mem/Program
Tuesday 6:15 - 7:00 am		\$0.00/\$40.00
Thursday 6:15 - 7:00 am		\$0.00/\$40.00

Silver Sneakers BOOM MIND

Focus on improving balance and flexibility in this class inspired by yoga and pilates. Practice mindful breathing and engage your core in a calming yet invigorating workout.

Days & Times	Ages	Mem/Program
Tuesday 11:05 - 11:35 am	16-99	\$0.00/\$40.00
Thursday 11:05 - 11:35 am	16-99	\$0.00/\$40.00

SilverSneakers Circuit

Cardio Circuit is designed for seniors who have taken the SilverSneakers Classic class and now feel at ease working out of their comfort zone. SilverSneakers Circuit focuses on strengthening the cardiovascular system.

Days & Times	Ages	Mem/Program
Monday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Friday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

Silver Sneakers BOOM MOVE IT

Dance to the beat of hip hop and move to the rhythms of the mambo. Have fun and learn steps from every era in this great cardio workout.

Days & Times	Ages	Mem/Program
Wednesday 7:10 - 7:40 am		\$0.00/\$40.00

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities, Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Days & Times	Ages	Mem/Program
Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Monday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
Tuesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Wednesday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
Thursday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Friday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00

SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Days & Times	Ages	Mem/Program
Tuesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Thursday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

Stretching for Better Performance

Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

Days & Times	Ages	Mem/Program
Wednesday 7:45 - 8:15 am	16-99	\$0.00/\$40.00

Tabata

Combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Days & Times	Ages	Mem/Program
Monday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
Monday 7:10 - 7:55 pm	16-99	\$0.00/\$40.00
Wednesday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
Wednesday 7:10 - 7:55 pm	16-99	\$0.00/\$40.00
Friday 6:15 - 7:00 am	16-99	\$0.00/\$40.00

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Silver Sneakers BOOM MUSCLE

There's never a dull moment in this action-packed workout featuring athletic moves taken from your favorite sports like golf and tennis.

Days & Times	Ages	Mem/Program
Tuesday 10:30 - 11:00 am		\$0.00/\$40.00
Wednesday 5:35 - 6:05 pm		\$0.00/\$40.00
Thursday 10:30 - 11:00 am		\$0.00/\$40.00

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Masala Bhangra

Masala Bhangra® is a lifestyle program where the Dhol Drum beats meets the glamour of Bollywood. With easy to follow choreography, participants are encouraged to move, touch and inspire! Empowering a Life long way of being through Indian dance and music.

Days & Times	Ages	Mem/Program
Monday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
Wednesday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00

Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training.

Days & Times	Ages	Mem/Program
Tuesday 12:10 - 12:40 pm	16-99	\$0.00/\$40.00
Thursday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00
Tuesday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00

Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Days & Times	Ages	Mem/Program
Saturday 8:00 - 8:45 am	16-99	\$0.00/\$40.00

Circuit Interval

This class combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance.

Days & Times	Ages	Mem/Program
Thursday 12:10 - 12:40 pm	16-99	\$0.00/\$40.00

Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Days & Times	Ages	Mem/Program
Monday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
Monday 5:00 - 6:00 pm	16-99	\$10.00/\$50.00
Tuesday 6:30 - 7:30 am	16-99	\$10.00/\$50.00
Wednesday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
Wednesday 5:00 - 6:00 pm	16-99	\$10.00/\$50.00
Thursday 6:30 - 7:30 am	16-99	\$10.00/\$50.00
Friday 5:00 - 6:00 am	16-99	\$10.00/\$50.00

Jump & Pump

Try this innovative class combining the cardio of jump ropes and the toning of weight lifting in a Tabata-style format.

Days & Times	Ages	Mem/Program
Tuesday 6:15 - 6:45 pm	16-99	\$0.00/\$40.00
Thursday 6:15 - 6:45 pm	16-99	\$0.00/\$40.00

* June 19 - August 12; 8 week session, no make-ups

Kettlebell Training

This very dynamic weight training class will get you the muscular strength and range of motion you have been looking for. Kettle bells are a traditional tool used in gyms all around the world. Participants must purchase their own bell before class.

Days & Times	Ages	Mem/Program
Thursday 5:15 - 6:00 pm (Kettlebell AMPD)	16-99	\$10.00/\$50.00

Kickboxing

Through a mixture of martial arts and boxing moves, our kickboxing class includes physical contact with a punching bag. Participants must bring their own gloves.

Days & Times	Ages	Mem/Program
Tuesday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00
Thursday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00

Line Dancing

Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!

Days & Times	Ages	Mem/Program
Monday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00
Tuesday 1:15 - 2:00 pm	16-99	\$0.00/\$40.00
Wednesday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00
Friday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00

Meditation

This program will focus on stress management and how these practices enhance the brain and aging. Meditation also helps with chronic pain, high blood pressure, and depression, just to name a few advantages.

Days & Times	Ages	Mem/Program
Tuesday 12:15 - 12:45	16-99	\$10.00/\$50.00
Thursday 12:15 - 12:45	16-99	\$10.00/\$50.00



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Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Days & Times	Ages	Mem/Program
Monday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00
Wednesday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00

Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Days & Times	Ages	Mem/Program
Saturday 11:00 - 11:45 am	16-99	\$0.00/\$40.00

Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Days & Times	Ages	Mem/Program
Monday 6:15 - 7:00 am (Sunrise)	16-99	\$10.00/\$50.00
Monday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
Tuesday 5:10-5:55 pm	16-99	\$10.00/\$50.00
Tuesday 7:30 - 8:15 pm	16-99	\$10.00/\$50.00
Wednesday 6:15 - 7:00 am (Sunrise)	16-99	\$10.00/\$50.00
Wednesday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
Thursday 7:30 - 8:15 pm	16-99	\$10.00/\$50.00
Friday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
Saturday 7:00 - 7:45 am (Restorative)	16-99	\$10.00/\$50.00

Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Days & Times	Ages	Mem/Program
Tuesday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
Thursday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00
Friday 5:30 - 6:15 pm	16-99	\$10.00/\$50.00
Saturday 10:00 - 10:45 am	16-99	\$0.00/\$40.00

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