



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kohl Family YMCA

Fall II (10/27-12/19)

## Group Classes

### 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.

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

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00
Fall II	Wednesday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
Fall II	Thursday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00

### Cardio Variety

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

Ses	Days & Times	Ages	Mem/Program
Fall II	Saturday 8:00 - 8:45 am	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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 5:00 - 5:50 pm	16-99	\$10.00/\$50.00
Fall II	Wednesday 5:00 - 5:50 pm	16-99	\$10.00/\$50.00
Fall II	Friday 5:00 - 6:00 am	16-99	\$10.00/\$50.00

### Hip Hop Dance Aerobics

Hip hop is a high-energy class. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Hip hop dance requires students to have the strength and stamina to successfully perform moves. Therefore class includes upper and lower body condition but can be done by beginners.

Ses	Days & Times	Ages	Mem/Program
Fall II	Thursday 5:30 - 6:00 PM	16-99	\$0.00/\$40.00

### Jump & Pump

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

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 6:00 - 6:30 pm	16-99	\$0.00/\$40.00
Fall II	Wednesday 6:00 - 6:30 pm	16-99	\$0.00/\$40.00

### 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.

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

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 10:30 - 11:45 am	16-99	\$0.00/\$40.00
Fall II	Wednesday 10:30 - 11:45 am	16-99	\$0.00/\$40.00
Fall II	Friday 10:30 - 11:45 am	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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Thursday 12:00 - 12:30	16-99	\$0.00/\$40.00

### SilverSneakers Circuit

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Fall II	Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Fall II	Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

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### 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.

Ses	Days & Times	Ages	Mem/Program
Fall II	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.

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

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

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

### Tabata

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

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
Fall II	Friday 6:15 - 7:00 am	16-99	\$0.00/\$40.00

### Tai Chi

Learn the various traditional Tai Chi stances, postures, and exercises. The focus is on relaxation, coordination, balance, mobility, as well as overall health and wellness through improving Chi.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 10:30 - 11:15 AM (Qi Gong)	16-99	\$10.00/\$50.00
Fall II	Thursday 10:30 - 11:15 AM (Qi Gong)	16-99	\$10.00/\$50.00

### Toning

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

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

### WERQ

WERQ® is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.

Ses	Days & Times	Ages	Mem/Program
Fall II	Saturday 9:00 - 9:45 AM	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.

Ses	Days & Times	Ages	Mem/Program
Fall II	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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 12:00 - 12:45 pm (Power)	16-99	\$10.00/\$50.00
Fall II	Monday 1:15 - 2:00 pm (Beginner)	16-99	\$10.00/\$50.00
Fall II	Tuesday 6:45 - 7:30 pm	16-99	\$10.00/\$50.00
Fall II	Wednesday 12:00 - 12:45 PM (Power)	16-99	\$10.00/\$50.00
Fall II	Thursday 6:45 - 7:30 pm	16-99	\$10.00/\$50.00
Fall II	Friday 12:00 - 12:45 PM (Power)	16-99	\$10.00/\$50.00
Fall II	Tuesday 12:00 - 12:30 pm (Beginner)	16-99	\$10.00/\$50.00

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## 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!

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
Fall II	Thursday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
Fall II	Saturday 10:00 - 10:45 am	16-99	\$0.00/\$40.00

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