



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

Scott County Family YMCA

Multi-Purpose Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Jump-Start 6:30-7:30am Jessica	Pilates 8:10-8:55am Chrissie	Morning Jump-Start 6:30-7:30 am	Pilates 8:10-8:55am Chrissie	Morning Jump Start 6:30-7:30am	
Rep Reebok 8:00-9:00am Linda	Zumba 9:00-9:50am Chrissie	Rep Reebok 8:00-9:00am Linda	Zumba 9:00-9:50am Chrissie	Rep Reebok 8:00-9:00 am Linda	Zumba 9:00-10:00am Melissa
Indoor Cycling 9:00-9:45am Linda	Triple Threat 10:00-11:00am Leslie	Indoor Cycling 9:00-9:45am Linda	Triple Threat 10:00-11:00 am Leslie	Indoor Cycling 9:10-9:55 am Angela	Indoor Cycling 10:15-11:00 am Angela
AOA 10:00-10:45am Christy		AOA 10:00-10:45am Christy	Power Lunch 12:10-12:50pm	Zumba Tone 10:00-11:00am Kim	
Indoor Cycling 4:00-4:45pm Jordan	Youth Boot Camp 4:30-5:15pm Leslie		Youth Boot Camp 4:30-5:15pm	Indoor Cycling 4:00-4:45pm Angela	
Zumba 5:30-6:20pm Chrissie	Pump It Up 5:30-6:15 pm	Zumba 5:30-6:20pm Chrissie	Pump It Up 5:30-6:15pm	Fusion 5:00-5:50pm	
Zumba 6:20-7:10pm Chrissie	Fusion 6:20-7:10pm Lora	Zumba 6:20-7:10pm Chrissie	Fusion 6:20-7:10pm		
Piloxing 7:10-8:10pm	Indoor Cycling 7:15-8:00pm Angela	Pilates 7:10-8:00pm Chrissie	Indoor Cycling 7:15-8:00pm Jordan		

GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Piloxing 9:00-9:55am Chrissie		Piloxing 9:00-9:55am			Boot Camp 8:00-9:00am Katy
Boot Camp 6:00-7:00pm Jordan	Boot Camp 5:30-6:30 Katy	Boot Camp 6:00-7:00pm Jordan	Boot Camp 5:30-6:30 Katy		

Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Aerobics 9:00-9:45 am Christy	Water Aerobics 9:00-9:45 am Angela	Water Aerobics 9:00-9:45 am Christy	Water Aerobics 9:00-9:45 am Angela	Deep Water 8:00-8:45am Chrissie	
Deep Water 10:00-10:45am Chrissie	Aqua Zumba 10:15-11:00am Chrissie	Deep Water 10:00-10:45am Chrissie	Aqua Zumba 10:15-11:00am Chrissie	Water Aerobics 10:00-11:00am Angela	Deep Water 10:30-11:15
Water Aerobics 11:00-11:45am Chrissie	Water Aerobics 11:00-11:45am Chrissie	Water Aerobics 11:00-11:45am Chrissie	Water Aerobics 11:00-11:45am Chrissie		
Water Aerobics 5:30-6:15pm	Deep Water 7:00-7:45 Rich	Water Aerobics 5:30-6:15pm	Deep Water 7:00-7:45 Rich		

Class Descriptions

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow movies to create a dynamic fitness program. It's a fitness party!

Indoor Cycling

Brings your outdoor cycling indoors. Through instructor motivation and heart-pounding music, you'll get a workout unlike any you've had before!

Boot Camp

Maximize your power and strength, improve agility, speed and overall endurance.

Pilates

Improve balance and coordination while improving strength and flexibility.

Rep Reebok

Strength training in a group exercise setting. A great pre-choreographed group workout with barbells, dumbbells and fitness steps.

Fusion

Take a variety of styles of music and dance, combine it with hand-held weights and you get a total body workout that will get you to your fitness goals.

Morning Jumpstart

Enjoy energy building cardio and muscle strengthening exercises using body weight as well as weighted equipment. Jumpstart your day with fitness!

Cardio, strength and abs packed into a 60 minute class. 20 minutes of solid cardio, 20 minutes of strength and 10 mins of abs.

Pump It Up

Develops strength, endurance and flexibility, and coordination. It is a

Power Lunch

In this class you will alternate between fast and slow training styles to push your fat-burning and muscle building capabilities to their limits.

Turbo Kick

The hottest cardio kickboxing class around for fitness training. *Turbo Kick* is a fusion of hip hop and kickboxing.

Youth Boot Camp

A fun packed class to get kids fit. Ages 5-12 will go through a challenging but age appropriate workout to improve strength, endurance and flexibility.

Deep Water Aerobics

This class places no stress or impact on the body but provides a challenging and exhilarating workout. You will be required to tread water with the assistance of a flotation belt while going through a series of exercises that will take your workout to a new level.

AOA Classes

Designed for active, older adults to maintain flexibility, range of motion and increased energy.

Aqua Zumba

You might recognize Zumba, a popular fitness class that's all about movement, dancing and feeling the rhythm of the pulsating sounds of world music. Add water and you've got Aqua Zumba!

Water Aerobics

Combines the benefits of a great cardio and strength training workout while protecting the joints from excess strain.