



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**GRANT COUNTY YMCA, MARION  
 IN**  
**PHONE: (765) 664-0544**  
**VISIT WWW.GCYMCA.ORG**  
**FOR UPDATES & CANCELLATIONS**

# GROUP EXERCISE SCHEDULE

## SEPTEMBER 9<sup>TH</sup> – DECEMBER 31<sup>ST</sup>

### MONDAY

Time	Class	Location
<b>AM Classes</b>		
5:00-5:50	VIRTUAL	B
6:00-7:00	YOGA	B
6:00-7:00	POWER CYCLE	A
8:25-9:25	VIRTUAL	B
9:00-10:00	SILVER SNEAKERS	G
10:00-11:00	HIIT	B

### PM Classes

1:00-2:00	STEADY&STRONG**	B
6:00-6:45	SPIN	A
5:30-6:30	YOGA	B
7:00-8:00	Y-FIT	B
7:00-8:00	LINE DANCING	A

### THURSDAY

Time	Class	Location
<b>AM Classes</b>		
8:00-8:50	YIN-YOGA	B
9:30-10:30	STEP & WEIGHTS	B

### PM Classes

1:00-2:15	BALANCE **	B
5:45-6:45	HIIT BOXING	B
7:15-8:00	MUSCLE PUMP	B

### TUESDAY

Time	Class	Location
<b>AM Classes</b>		
8:00-8:50	YIN-YOGA	B
9:30-10:30	STEP & WEIGHTS	B

### PM Classes

7:15-8:00	MUSCLE PUMP	B
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### FRIDAY

Time	Class	Location
<b>AM Classes</b>		
5:00-5:50	VIRTUAL	B
6:00-7:00	YOGA	B
6:00-7:00	POWER CYCLE	A
8:25-9:25	VIRTUAL	B
9:00-10:00	SILVER SNEAKERS	G

### WEDNESDAY

Time	Class	Location
<b>AM Classes</b>		
5:00-5:50	VIRTUAL	B
6:00-7:00	YOGA	B
6:00-7:00	POWER CYCLE	A
8:25-9:25	VIRTUAL	B
9:00-10:00	SILVER SNEAKERS	G
10:00-11:00	HIIT	B

### PM Classes

1:00-2:00	STEADY&STRONG**	B
6:00-6:45	SPIN	A
5:30-6:30	YOGA	B
7:00-8:00	Y-FIT	B

### SATURDAY

Time	Class	Location
<b>AM Classes</b>		
7:45-8:45	CYCLE FIT	A
8:15-9:30	MUSCLE - PUMP	B
9:45-10:30	YOGA BEGIN	B
11:00-12:00	CARDIO-DRUMMING	B

#### HOLIDAY CLOSURES

DECEMBER 23<sup>RD</sup>-JANUARY 2<sup>ND</sup>  
 THERE WILL NOT BE ANY CLASSES SCHEDULED!

#### CLASSES MARKED WITH \*\*

PLEASE ASK THE FRONT DESK STAFF FOR MORE INFORMATION.

#### LOCATION KEY:

- A- GROUP EXERCISE STUDIO A
- B- GROUP EXERCISE STUDIO B
- G- GYMNASIUM

## GROUP EXERCISE CLASS DESCRIPTION

**CARDIO DRUMMING** – Uses drumsticks, Cardio Drumming is a low-impact workout that people of all ages and fitness levels can do. It's a fun, fast-paced workout that incorporated drumming and cardio to the rhythm of music.

**CYCLE FIT** – Join a Saturday spin class that involves riding a stationary bike for about an hour with Justine.

**BALANCE**– balance training involves doing exercised that strengthen the muscles that help jeep you upright. These kinds of exercises can improve stability and help prevent falls.

**STEP & WEIGHTS**– is a moderate impact class that involves stepping up and down on an adjustable height platform. Developed by Gin Mille, she started rehabbing her knee after surgery by stepping up and down the steps on her front porch. Intensity is controlled by adjusting the height of the step (platform is 4” and each riser adds 2”) as well as the amount of arm movements.

**HIIT** – This class is a mixture of Kickfit, Step, and High Intensity Circuit Training. Join a fun group of people sweat it out on Monday and Wednesday Mornings.

**MUSCLE PUMP** – A barbell workout that incorporates all muscle groups. In this class you will work on endurance and strength!

**POWER CYCLE** – Power through a spin class that is geared toward pushing hills and resistance.

**SPIN**– This spin class incorporates some weightlifting on and off the bike! Join a fun class with a different spin on spinning.

**STEP AEROBICS**– is a moderate impact class that involves stepping up and down on an adjustable height platform. Developed by Gin Mille, she started rehabbing her knee after surgery by stepping up and down the steps on her front porch. Intensity is controlled by adjusting the height of the step (platform is 4” and each riser adds 2”) as well as the amount of arm movements.

**VIRTUAL CLASS** – We offer a variety of virtual classes that can be taken any time in our facility. Our Y360 program also allows all members to work out from home!

**Y-FIT** – is a challenging circuit style class for all ages and fitness levels and its FUN!

**YIN YOGA** – focuses on breath control, meditation and deep stretching in order to improve overall health and relaxation.

**YOGA BEGIN** – is for anyone who would like to increase their flexibility and range of motion. Uses equipment such as foam rollers, exercise balls, and balancing blocks to relieve tension from and increase blood flow to muscle tissues.

**YOGA PM**– is for anyone who would like to increase their flexibility and endurance. This yoga class stretches the muscles while also giving you a great workout.

**YOGA AM** – Relax in the mornings with a 6am yoga class. In this class you can get a deep stretch before starting your day.