



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

## GROUP EXERCISE SCHEDULE

### MONDAY

Time	Class	Location
6:00-7:00 AM	YOGA	B
6:00-7:00 AM	POWER CYCLE	A
9:00-10:00 AM	ACTIVE OLDER ADULTS	G
10:00-11:00 AM	HIIT	B
1:00-2:30 PM	STEADY&STRONG**	B
5:30-6:30 PM	YOGA	B
7:00-8:00 PM	Y-FIT	B

### TUESDAY

Time	Class	Location
8:00-9:00 AM	YIN-YOGA	B
6:00-6:45 PM	TABATA	B
7:15-8:00 PM	MUSCLEPUMP	B

### WEDNESDAY

Time	Class	Location
6:00-7:00 AM	YOGA	B
6:00-7:00 AM	POWER CYCLE	A
9:00-10:00 AM	ACTIVE OLDER ADULTS	G
10:00-11:00 AM	HIIT	B
1:00-2:30 PM	STEADY&STRONG**	B
5:30-6:30 PM	YOGA	B
7:00-8:00 PM	Y-FIT	B

### THURSDAY

Time	Class	Location
8:00-8:50 AM	YIN-YOGA	B
5:45-6:45 PM	DANCE CARDIO	B
6:00-7:00 PM	SPIN	A
7:15-8:00 PM	MUSCLE PUMP	B

### FRIDAY

Time	Class	Location
6:00-7:00 AM	YOGA	B
6:00-7:00 AM	POWER CYCLE	A
9:00-10:00 AM	ACTIVE OLDER ADULTS	G

### SATURDAY

Time	Class	Location
7:45-8:45 AM	CYCLE FIT	A
8:15-9:30 AM	MUSCLE - PUMP	B
9:45-10:30 AM	YOGA BEGIN	B

#### CHILDWATCH HOURS:

Monday -Thursday  
9:15am—11:15am  
5:30pm — 8:00pm  
Friday 9:15am—11:15am  
Saturday 8:00am-11:3am

#### LOCATION KEY:

A- GROUP EXERCISE STUDIO A  
B- GROUP EXERCISE STUDIO B  
G- BASKETBALL GYM

#### CLASSES MARKED WITH \*\*

PLEASE ASK THE FRONT DESK STAFF  
FOR MORE INFORMATION.

\*\*\*Please see Daxko mobile app or Facebook for class cancellations and updates!

## GROUP EXERCISE CLASS DESCRIPTION

**CYCLE FIT**— Join a Saturday Morning Spin class with an upbeat spin to training.

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

**DANCE CARDIO**— Combine dance with cardio to get a fun upbeat workout!

**HIIT**— This class is a mixture of Kickfit, Step, Weights, and High Intensity Circuit Training. They meet 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 a tabata spin on things, 20 seconds on followed by 10 seconds of rest.

**TABATA**— This is a fun upbeat class that is great for interval training. Tabata is typically a workout hard for 20 seconds followed by a 10 second rest, repeated 4-8 times.

**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 to improve overall health and relaxation.

**YOGA BEGIN** — Is for anyone who would like to increase their flexibility and range of motion. Use 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.

