



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

GROUP EXERCISE SCHEDULE

FALL I

SEPTEMBER 3RD–OCTOBER 26TH

MONDAY

Time	Class	Location
AM Classes		
6:00-7:00	YOGA	B
6:00-7:00	POWER CYCLE	A
9:00-10:00	ACTIVE OLDER ADULTS	G
10:00-11:00	HIIT	B

PM Classes

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

THURSDAY

Time	Class	Location
AM Classes		
8:00-8:50	YIN-YOGA	B

PM Classes

5:45-6:45	DANCE CARDIO	B
7:15-8:00	MUSCLE PUMP	B

TUESDAY

Time	Class	Location
AM Classes		
8:00-8:50	YIN-YOGA	B

PM Classes

3:00-4:00	BALANCE**	B
5:45-6:45	BOOTCAMP	F
6:00-7:00	TAI CHI	B
7:15-8:00	MUSCLE PUMP	B

FRIDAY

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

WEDNESDAY

Time	Class	Location
AM Classes		
6:00-7:00	YOGA	B
6:00-7:00	POWER CYCLE	A
9:00-10:00	ACTIVE OLDER ADULTS	G
10:00-11:00	HIIT	B

PM Classes

1:00-2:30	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
AM Classes		
8:15-9:30	MUSCLE - PUMP	B
9:45-10:30	YOGA BEGIN	B

LOCATION KEY:

- A- GROUP EXERCISE STUDIO A
- B- GROUP EXERCISE STUDIO B
- F- FUNCTIONAL WELLNESS FLOOR
- G- GYMNASIUM

CLASSES MARKED WITH **

PLEASE ASK THE FRONT DESK

GROUP EXERCISE CLASS DESCRIPTION

BALANCE- Balance training involves doing exercise that strengthens the muscles that help keep you upright. These kinds of exercises can improve stability and help prevent falls. This program is run by IWU's physical therapy program

BOOTCAMP- Is a group fitness class that includes cardio, Hiit, weights, and intervals. This class will take place in the functional corner of the wellness area.

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.

LINE DANCING - County and western dancing following choreographed steps to music.

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.

TAI CHI- Involves a series of slow gentle movement and poses along with controlled breathing and a meditative state of mind. This class can help improve balance, flexibility, muscle strength, and overall health.

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.