



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

March – May 2024

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

1:00-2:00 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 G

THURSDAY

Time Class Location

AM Classes

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

AM Classes

8:00-8:50 YIN-YOGA B
9:30-10:30 STEP & WEIGHTS B

PM Classes

5:45-6:30 TABATA CIRCUIT 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

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

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

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

BALANCE– balance training involves doing exercises that strengthen the muscles that help keep 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.

TABATA CIRCUIT– Our instructor is bringing circuits and Tabata together. Join a fun class that has stations of work for 20 seconds followed by a 10 second break.

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.