

GROUP FITNESS SCHEDULE

Complimentary Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Group Cycling		Group Cycling		Group Cycling
5:45 pm	Group Cycling			Group Cycling	

WOLFE PACK BOXING

Program Fee Applies

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 am	Wolfe Pack Boxing Upstairs Room	Wolfe Pack Boxing Upstairs Room	Wolfe Pack Boxing Upstairs Room	Wolfe Pack Boxing Upstairs Room	
5:30 pm	Wolfe Pack Boxing Upstairs Room	Wolfe Pack Boxing Upstairs Room	Wolfe Pack Boxing Upstairs Room	Wolfe Pack Boxing Upstairs Room	

KARATE CLASSES

Program Fee Applies

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 pm		Karate Upstairs Room		Karate Upstairs Room	



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DO MORE BE MORE

Group Fitness Schedule
YMCA OF SOUTHEAST TEXAS



GROUP FITNESS SCHEDULE

Complimentary Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8am		Yoga	Yoga	Yoga	
9am	Aerobic Workout	Cardio Step Breakthrough Factor	Zumba	Stepping It Up Breakthrough Factor	Aerobic Workout
10am	Yoga	Body 360	Yoga	Body 360	Zumba
11am	SilverSneakers® Classic	Yoga	SilverSneakers® Classic	Yoga	SilverSneakers® Yoga
2:00pm		SilverSneakers® Classic		SilverSneakers® Classic	
5:30pm		Stepping It Up			
6:30 pm	Club Fit	Hip Hop Step		Club Fit	Schedule Subject to Change

- Cross trainer shoes are required for all land fitness classes except yoga.
- Please mute or turn off cell phones in group fitness room. If you need to accept a call, please step out of the room.

Effective 5/21/2017

Class Descriptions

Aerobic Workout: A traditional favorite! High energy hi/low impact class.

Group Cycling: Indoor cycling classes offer high energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Participants select intensity levels during the workout through body position and bike tension.

Breakthrough Factor: Breakthrough Factor classes will consist of a mixture of regimens from abdominal workouts, team relays, group challenges, circuit training and much more. This class is guaranteed to take the stress out of your daily life and give you a feeling of accomplishment.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated or standing support.

SilverSneakers® Yoga This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Cardio Step & Stepping it Up: This class lets you have fun while using the step platform to perform high energy low impact moves all to benefit your cardiovascular system. Stepping it Up format includes dynamic circuit resistance training.

Body 360: This class focuses on strengthening and toning all the major muscles. A variety of equipment is provided.

Yoga: Learn strengthening and stretching discipline designed to relax your body and mind.

Zumba: The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

Club Fit: Dance-inspired group fitness workout with cutting edge choreography

Hip Hop Step: Trendy dynamic dance class that integrates utilizing a step. Hip Hop Step routines are as effective as any for toning and firming the body. They also improve your cardio vascular activity as the movements along with heart pumping rhythms will raise your heart rate. This workout targets both specific muscle groups as well as being a total-body workout.