



B.R. RYALL YMCA GROUP EXERCISE SCHEDULE • SEPTEMBER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|--|
| 6-6:45 a.m. Strength & Cardio Facebook LIVE (Lauren) | 5:30-6:30 a.m. Insanity Y Parking Lot (JoElle) | 5:30-6:30 a.m. Tabata Bootcamp Y Parking Lot (JoElle) | 5:30-6:30 a.m. Body Combat Y Parking Lot (Carmela) | 5:30-6:30 a.m. Insanity Y Parking Lot (JoElle) | |
| 7:15-8:15 a.m. BodyPump Gym (Lauren) | 7-7:45 a.m. Strength Facebook LIVE (Lauren) *No class on 9/1 | 6:15-7 a.m. Strength & Cardio Facebook LIVE (Lauren) | 8-8:45 a.m. Yoga Facebook LIVE (Steph) | 7:15-8 a.m. Y's Way To Fitness Zoom (Shannon) | 7-8 a.m. Cycle Gym (Lorri) |
| 7:15-8 a.m. Y's Way to Fitness Zoom (Shannon) | 8-8:40 a.m. Gentle Yoga Zoom (Ronda) | 7:15-8 a.m. Cycle Gym (Lauren) | 8-9 a.m. Bootcamp Y Parking Lot (Abby) | 7:30-8 a.m. HIIT - SPECIAL Facebook LIVE/Y Parking Lot (Lauren) | 8:30-9:30 a.m. Cardio Mix Gym (Gilda) |
| 7:30-8:15 a.m. Yoga Facebook LIVE (Steph) | 8-9 a.m. Bootcamp Y Parking Lot (Abby) | 7:15-8 a.m. Y's Way to Fitness Zoom (Shannon) | 9-10 a.m. Zumba Zoom (Shannon) | 8-9 a.m. Yoga Gym (Kathy/Bob) | 10-10:45 a.m. Zumba Gym (Abby) |
| 8:25-9:20 a.m. Fit For Life Zoom (Shannon) | 9-9:50 a.m. Cycle Gym (Lauren) | 8:25-9:20 a.m. Fit For Life Zoom (Shannon) | 9-10 a.m. Muscle Madness Gym (Gilda) | 8:25-9:20 a.m. Fit For Life Zoom (Shannon) | 11:15 a.m. to 12:05 p.m. BollyX Zoom (Danielle D.) *NO class on 9/12 |
| 9-9:50 a.m. Cycle Gym (Deanna) | | 8:30-9:30 a.m. BodyPump Gym (Denise) | 9:30-10:10 a.m. PiYo Zoom (Denise) | 9:15-10 a.m. BodyPump Gym (Lauren) | <p>PLEASE NOTE: Please see the reverse side for class descriptions and instructions on how to join/attend scheduled classes.</p> <p>If inclement weather impacts scheduled outdoor classes, classes will be moved inside to the gym.</p> <p>The schedule and instructors are subject to change.</p> |
| 9:30-10:10 a.m. PiYo Zoom (Denise) | | 11:30 a.m. to 12:30 p.m. Pedaling for Parkinson's Zoom (Denise) | 10-10:30 a.m. Cardio Blast Facebook LIVE (Lauren) | | |
| | 5-6 p.m. Cycle Gym (Keith) | | | | |
| 4:30-5:30 p.m. BodyPump Gym (Carmelo) | 5:15-6:15 p.m. Zumba Zoom (Shannon) | 4:30-5:30 p.m. Yoga Gym (Bob) | 4:30-5:30 p.m. Cycle Gym (Deanna) | | |
| 5:45-6:30 p.m. Zumba Gym (Abby) | 6:15-7 p.m. Yoga Y Parking Lot (Bob) | 5:45-6:30 p.m. Zumba Gym (Abby) | 6-7 p.m. Yoga Gym (Mary) | | |

CLASS DESCRIPTIONS

BODYCOMBAT®: This high-energy martial arts-inspired workout is non-contact and no experience is needed. Release stress, have fun and feel like a champ.

BODYPUMP®: This class focuses on low weight loads and high repetition movements to burn fat, gain strength and produce lean muscle conditioning.

BOLLYX: BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating and motivated.

BOOTCAMP: This class mixes traditional calisthenics and body-weight exercises with cardio intervals and strength training for the ultimate full-body workout.

CARDIO BLAST: Using the ultimate full-body fitness formula, this class challenges all levels. Boost metabolism and achieve goals with aerobic drills and body-weight resistance.

CARDIO MIX: A fun way to exercise, this class offers aerobic activity, strength training and toning. It's a great way to burn fat and increase endurance.

CYCLE: Take on the exercise challenge of your life, pedaling on a high-tech stationary bike. Options and resistance levels are offered for all levels.

FIT FOR LIFE: Perfect for anyone new to group exercise, this class incorporates light aerobics, strength training and yoga/flexibility. Work your body and mind.

HIIT: This high intensity cardio workout uses interval training to improve endurance—targeting major muscle groups.

INSANITY®: This cardio-based, total body conditioning program uses maximum-intensity intervals with short periods of rest to burn up to 1,000 calories an hour.

MUSCLE MADNESS: Tone and increase muscle endurance. You'll use bands, balls and BOSUs to perform different exercises—preventing boredom and plateau.

PEDALING FOR PARKINSON'S: This class is designed to improve quality of life for adults ages 30-75 with Idiopathic Parkinson's disease. Pedaling faster than normal cadence forces regions of the brain to connect more effectively, which can lessen disease symptoms. Bring a water bottle and tennis shoes.

PIYO: PiYo is a low-impact, high-intensity workout that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga. With a cranked up speed, it's unlike anything you've done.

STRENGTH: This class focuses on increasing your abilities for power, endurance, and balance.

STRENGTH & CARDIO: This full body workout incorporates strength training and cardio to maximize calorie burn.

STRONG NATION: This class combines high intensity interval training with the science of Synced Music Motivation. Music and moves sync in a way that pushes you past limits to reach fitness goals faster.

TABATA BOOTCAMP: Tabata Bootcamp uses 20-10 microburst intervals—specific exercises at a high intensity for 20 seconds, followed by a 10 second rest—allowing for brief recovery before moving on to the next interval for a high calorie burning, full-body workout.

YOGA: For any fitness level, yoga combines strength and flexibility techniques to give you an overall body workout. With a relaxing visualization section at the end, it's a great class for inner and outer body strength.

ZUMBA: Come join the party! Feel the Latin and international rhythms as you dance away stress in this easy-to-follow class. Dance Merengue, Salsa, Cumbia and more in this energy-driven fiesta.

Y's WAY TO FITNESS: Join us in this active older adults' no-nonsense exercise class that focuses on strengthening every major muscle group in a relaxed, social atmosphere.

HOW TO JOIN CLASSES

Facebook LIVE Classes

Go to www.facebook.com/BRRyallyMCA. You will see the live class appear in the page feed at the start time.

Zoom LIVE Classes

Email the instructor at least 30 minutes prior to the start of the class and she'll send you a link to join.

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|-------------|--|
| Danielle D. | ddubose@ryallymca.org |
| Denise | ddenman@ryallymca.org |
| Ronda | rschorle@ryallymca.org |
| Shannon | sdavis@ryallymca.org |

Outdoor Classes and Indoor Classes

You must reserve a spot online to attend outdoor and indoor fitness classes. To register, open your Myzone App (It's free to download and you do NOT need a Myzone belt.):

- Click on "Book a Class"
- Click on Timetable
- Search for the Date of the Class
- Click Book for the Class you want to attend
- Click Book Now
- Select your spot
- Press Book Now
- Press OK that you want to book the class
- Choose the class spot that you'd like to reserve

Cancellations: You MUST cancel your reservation in the Myzone app if you cannot attend to allow for those on the waitlist to join in your absence. Infractions to this policy could result in inability to attend future classes.

To Unregister for a Class:

- Click on "Book a Class"
- Click on Timetable
- Search for the Date of the Class
- Click Cancel
- Confirm that you want to cancel by pressing yes

Class Changes/Communication – MZ Chat

If inclement weather were to alter the schedule, the class would move indoors to the gym. For class announcements including weather changes and other communications, please allow MyZone push notifications.