



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

April 3rd - April 29th

OZARK MOUNTAIN FAMILY YMCA



VINYASA YOGA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 am	CYCLE Amy Loft	RIP Heather Studio C	Barre Fit Amy Studio C	RIP Heather Studio C PWR PLAY Amy Studio A	CYCLE Amy Loft HIIT CARDIO Heather Studio C	RIP Patrick Studio C
9:30 am	VINYASA YOGA Angel Studio A	YOGA SCULPT Patrick Studio A GENTLE YOGA YMCA360 Studio B		DEEP STRETCH AMY Studio A GENTLE YOGA YMCA360 Studio B ZUMBA Jacqui Studio C	YOGA SCULPT Patrick Studio A ZUMBA Mary Evelyn Studio C	
9:45 am	ZUMBA GOLD Mary Evelyn Studio C		ZUMBA GOLD Mary Evelyn Studio Y CIRCUIT Amy Studio C			ZUMBA Jacqui Studio C
10:45 am	SILVER SNEAKERS CLASSIC Patrick Turf	SILVER SNEAKERS CLASSIC Amy Studio	SILVER SNEAKERS CLASSIC Patrick Turf	SILVER SNEAKERS CLASSIC Amy Studio C	SILVER SNEAKERS CLASSIC Patrick Turf	
5:30 pm	Zumba Carol Studio A	Cycle Amy Studio A	ZUMBA Mary Evelyn Studio C	RIP Heather Studio C		
6:00pm						

GROUP EXERCISE CLASS DESCRIPTIONS

CLASS BENEFITS

STRENGTH & WEIGHTS

Strength training builds lean muscles and helps with long-term weight loss, and cardio exercise is great for burning calories and heart health.



CARDIO

These cardio classes keep you moving and having fun, while you use movements and build your muscular endurance.



MIND/BODY

Reduce chance of injury, increase mobility, and improve your posture, which helps you look great as well as feel good.



MARTIAL ARTS

Learn old traditions in new ways to improve cardiovascular health and tone your body.



CORE

Core strength is critical for building a strong body to create the best platform for all other exercise.



ACTIVE OLDER

Enjoy classes that are specifically designed for mobility and longevity. Great for older adults and those new to a fitness routine.



BARRE FIT

This is a class with movement designed to create strength, flexibility, and a balanced body. The movements are designed to be effortless, graceful, and energy generating, creating a meaningful and purposeful rhythm that is attuned to our bodies and its surroundings. This class is suitable for healthy individuals of all fitness levels, regardless of age or ability.

CORE

This 30 min class will tone your core and give you a quick total body pump. All equipment is provided and optional. All levels welcome.

Deep Stretch

A class for all levels focusing on stretching and releasing tight muscles and tendons. Stretching increases flexibility, muscle tone, respiration, energy, and balance.

GENTLE YOGA

This class is designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you can do at your pace. Chair can be used for support.

HIIT CARDIO

This 30 min class will get your heart pumping. You'll train in quick intervals that will challenge your whole body, followed by periods of rest. If you are feeling up for the challenge, this class will push you to your limits. All levels welcome, equipment provided.

PWR PLAY

This class is a FULL body workout using intense cardio and muscle strengthening exercises. We will play with moves from bootcamp, barre, kickboxing and more; focusing on form! Modifications can be made for those who need it. Guaranteed to make you sweat!

POUND

This exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. POUND transforms drumming into an incredibly effective way of working out. All levels welcome.

RIP

This is barbell class for all fitness levels that works all major muscle groups using reps, duration, and frequency changes to achieve results you want.

BODY BLAST

A combination class combining movements from hi/low impact, kickboxing, step aerobics, muscle conditioning, strength training, endurance, and more! Join for a fun, yet challenging workout!

YIN YOGA

Find your inner peace in this slow deep stretch class. You will leave feeling rested, restored and ready to take on the day.

YOGA SCULPT

Tone your asana with this fun dynamic class that incorporates light weights and plyometric moves into your poses. You'll leave feeling accomplished and calm. All levels welcome!

VINYASA YOGA

This class is an hour-long Vinyasa style yoga class with emphasis on strength, balance and flexibility. All levels are welcome.

ZUMBA

Que Caliente! Zumba is a fusion of Latin and international music and dance that creates a dynamic, exciting and effective workout. Interval training is used to tone and sculpt the body. Join the party!

FACILITY HOURS

Monday–Thursday: 5:30am–8:00pm

Friday: 5:30am–7:00pm

Saturday: 8:00am–1:00pm

Sunday: Closed

KIDS ZONE HOURS

Monday – Friday 8:30am–10:30am

Monday – Thursday 5:30pm–7:00pm

Saturday 8:30am–11:00am

****FITNESS CLASSES ARE FREE FOR MEMBERS. NON MEMBERS \$10.00 person/ \$20 family**

For more information call Logan Strong 417-337-9622 or email lstrong@orymca.org