



# GROUP EXERCISE SCHEDULE

Effective: 11/6/23  
Monett Area YMCA



A.M.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30-9:30</b>	Water Fit (8:15-9:15) Dionne Body Pump Event C., Theresa	Yoga Room 1, Louisa Core&More Room 2, Cindi	Water Fit (8:15-9:15) Dionne Body Pump Event C., Theresa	Yoga Room 1, Louisa Lifetime Wellness Room 2, Cindi	Water Fit (8:15-9:15) Dionne Body Pump Event C., Theresa
<b>9:30-10:30</b>	Lifetime Wellness Room 2, Cindi Intermediate Yoga (9:45-10:45) Abigail	Silver Sneakers (9:45-10:45), Theresa Kickboxing Room 1, Cindi	Zumba Room 2, Cindi Body Boxing Room 1, Paige	Low-Step Room 2, Cindi	Core & More Room 1, Cindi Silver Sneakers (9:45-10:45), Theresa
<b>11:00-12:00</b>	Senior Splash (11:15-12:15), Cindi	Aqua Zumba (11:15-12:15), Cindi	Senior Splash (11:15-12:15), Cindi	Aqua Zumba (11:15-12:15), Cindi Silver Sneakers (10:50-11:50), Theresa	Senior Splash (11:15-12:15), Cindi
<b>P.M.</b>					
<b>4:00-5:00</b>	Gentle Yoga Room 1, Brittany Boot Camp Event Center, Dionne			Boot Camp Event Center, Dionne	
<b>5:30-6:30</b>	Group Cycling Spin Room, Dionne	Advanced Yoga Room 1, Brittany	Line Dancing Room 2, Sandy	Group Cycling Spin Room, Dionne Beginner's Yoga Room 1, Abigail	
<b>6:00-7:00</b>	Water Workout 5:45-6:45, Janan	Water Workout 5:45-6:45, Janan Zumba Strong (5:45-6:25), Lupita		Water Workout 5:45-6:45, Janan Zumba Strong (5:45-6:25), Lupita	
<b>6:30-7:30</b>	Aerobic Dance Room 2, Savannah	Zumba Room 2, Lupita	Zumba Room 2, Lupita	Zumba Room 2, Lupita	

Saturday Aerobic Dance: 8:30-9:30, Savannah

# GROUP EXERCISE CLASS DESCRIPTIONS

## **AQUA ZUMBA**

Splash your way into shape with an invigorating low-impact aquatic exercise known as the ZUMBA "pool party." The Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, AQUA ZUMBA blends it all together into workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief.

## **BODYPUMP**

Transform your lifestyle through this proven total body workout class. The patented REP EFFECT will help you reach and surpass 800 repetitions and burn up to 560 calories in a single class. This is designed to challenge you, whether you are a beginner or fitness p

## **LIFETIME WELLNESS**

Low intensity and a great workout, this class is fun motivating and inspires you to push yourself. You will do some toning exercise with an exercise band, light dumbbells, stability ball, get your heart rate up with some fun cardio exercises, and cool down with ab exercises and stretching.

## **SENIOR SPLASH**

Activate your urge for variety! Senior Splash offers shallow water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a kickboard and other aquatic equipment may be used.

## **SILVER SNEAKERS**

Have fun and move to the music through a variety of exercises. Depending on the class - Sliver Splash, Yoga Stretch, Range of Motion or Cardio Circuit - you will gain strength, balance and cardio endurance, while using free weight exercise bands, balls, chairs or water resistance.

## **CYCLING**

A cardiovascular class that can be suited to all fitness levels. We ask that you arrive 10 minutes early to your first class so the instructor can properly adjust your bike.

## **WATER WORKOUT**

Need to spice up your exercise regiment? Break a sweat in the water! This is a great resistance and cardiovascular workout. Appropriate for all levels. Water weights, deep water bells and noodles are also used to add more resistance to the workout.

## **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!

## **BODYBOXING**

Boxing and fitness go hand-in-hand! Fast-paced movements train power, endurance, and cardio with boxing techniques!

## **Core&More**

Push the abs, obliques, lower back, and pelvic floor to be more than they were the week before! Core exercises can help improve posture, balance, stability, and overall fitness, so you can do MORE.

## **Line Dancing**

Lots of music, movement, and amusement, bring a partner and dance the night away. You'll get a workout, too! This is a class for anyone looking to improve cardio, endurance, and coordination, and have fun doing it!

### **MONETT AREA YMCA**

115 S. Lincoln  
Monett, MO 65708  
P 417.235.8213

### **Kids' Zone:**

**Monday-Thursday:**  
8:15-11am and 4-8pm  
**Friday:** 8:15-11am and 4-7:15pm  
**Saturday:** 8:15 to 11am  
Closed Sunday

### **Facility Hours:**

**Monday-Thursday:** 5:00am-9pm  
**Friday:** 5:00am-10pm  
**Saturday:** 7:00am-9pm  
**Sunday:** 1pm-5pm