



Muskegon YMCA Fitness Classes Spring 2012 April 22 – June 8

Nonmember fees per session:
\$45 for 1 day/week
\$70 for 2 days/week
\$90 for 3 days/week

Class	Mon	Tues	Wed	Thurs	Fri	Sat
Adult Wt Training		10:15-11:15		10:15-11:15		
Body Integrated		8:30-8:55a		8:30-8:55a		
Boot Camp	5:30-6:30p	12:00-1:00p	5:30-6:30p	12:00-1:00p		
Circuit Spin	9:15-10:30a 6:00-7:15p		9:15-10:30a		9:15-10:30a	
Couples Dance						SUNDAYS: 3:30-4:30pm
Early Bird	6:15-7:00a		6:15-7:00a		6:15-7:00a	
Hip Hop						10:00-10:30a
Pumped Hooping						10:30-11:00a
Kickboxing		6-6:45p		6-6:45p		
Pilates	5:30-6:15p 6:30-7:15p	9:50-10:35a	5:30-6:15p 6:30-7:15p	9:50-10:35a 6:00-6:30p	10:00-10:45a	8:15-9:00a
Pumped	9:15-9:45a	9-9:45a 5:20-5:55p	9:15-9:45a	9-9:45a 5:20-5:55p	9:15-9:45a	
Silver Sneakers	12:45-1:30p	10:45-11:30 S.S. Cardio	12:45-1:30p	10:45-11:30 S.S. Cardio		
Spinning	6:00-7:00a 12-12:45p		6:00-7:00a 12-12:45p		6:00-7:00a 12-12:45	
Spinning ½ hour		10:00-10:30a		10:00-10:30a		
Step Aerobics	5:30-6:30p		5:30-6:30p			
Women's Self-Defense	6:30-8:00p					
Adult Strength Training	9:15-10:00a		9:15-10:00a			
Yoga	11-11:45a		11-11:45a			
Zumba	9:50-10:50a	6:45-7:45p	9:50-10:50a	6:45-7:45p		9:00-10:00a
Sunday CRUNCH TIME	CRUNCH TIME SCHEDULE 2-2:45pm and 3-3:30pm		April 22 Spinning/Abs	April 29 Spinning/Abs	May 6 Kickbox/Pump	May 13 Kickbox/Pump
			May 20 Zumba/Abs	May 27 Zumba/Abs	June 3 Pumped/Abs	June 10 Pumped/Abs
Men's Basketball	12-1:30p		12-1:30p		12:00-1:30p	

Horse Shoes are now available for use with the Outdoor Horse Shoe Pits. You can check them at the Front Desk.

ADULT WEIGHT TRAINING If you have never been in the free weight room, this is the class for you. This class is open to both men and women at beginner and intermediate weight training stages. You will improve your muscle strength, shape and definition using the equipment and free weights. Class is recommended by doctors for those with Type 2 Diabetes or some form of Osteoporosis.

BALL ROOM DANCING Get ready to have some fun while learning the Salsa, Swing and the Waltz. This class is great for all dance levels and will educate you on dance while getting your body moving. Fee'd Class.

BODY INTEGRATED This class focuses on strengthening, toning and stretching all major muscle groups.

BOOT CAMP This circuit workout features high-intensity conditioning and power moves to help build strength & endurance. The class is a must for both men & women hoping to improve their cardiovascular system & muscular strength.

EARLY BIRD FITNESS

Wake up to an invigorating 45 minute class of traditional stretch and calisthenics. Class is led by various members and is open to men and women wanting to start their day off with an exercise boost.

HIP HOP PUMP This new class will get your groove on and pump up your muscles all in one. Aerobic Dance fused with Strength Training. Get ready for some fun.

HOOP HAPPY HOOP FIT

This class will have you hooping your way to improved core strength and toning, balance, and energy. Fun exercise and dance! Merri is the founder and creator of Hoop Happy Hoop Fit, join her on Saturdays.

KICKBOXING This total body workout will tone and tighten in a fun and exciting way. Punch, Kick and push yourself to a whole new level of fitness.

PILATES An excellent class for the beginner exerciser or those renewing their activity levels. The class focuses on proper breathing, strengthening, toning and stretching all major muscle groups.

PUMPED Bored with the same old workout? Now you can work your muscles in a new way. Feel your muscles get "pumped" during this total body strength training class using our new weight bars!

SILVERSNEAKERS MSROM 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, a chair is used for seated or standing support

SIVERSNEAKERS CARDIO This low-intensity cardio class is based around a chair. Get your heart going while increasing you muscular strength with safe and effective training tools.

SPINNING CLASSES Please bring a water bottle and sweat towel to each class. **You can reserve a bike and time at the front desk - this will guarantee you a cycling seat for the class.**

SPINNING, ½ HOUR BEGINNERS/ACTIVE OLDER ADULTS This indoor cycling class is designed for beginners as well as those 60 years & older. The class will provide a great cardio program, some muscle toning, and a whole lot of fun!

SPIN -CIRCUIT SPIN

YOU MUST REGISTER FOR THIS CLASS A full 75 minutes of spinning intervals and toning exercises. This class is guaranteed fun for all who participate.

STEP AEROBICS Step to the music with various fun and exhilarating moves that will give you a complete and total workout. Step will be followed by 15 minutes of abs.

WOMEN'S SELF-DEFENSE Learn how to defend yourself in a variety of situations, Learn pressure points, parking lot safety, breaking points, domestic safety and a variety of other useful tools to protect yourself.

WOMEN'S STRENGTH TRAINING Tone up with this weight training class that will maximize the benefits of lifting free weights for strong legs and arms.

YOGA the total body workout! Whether you run, cycle, swim, lift weights or just looking for a full body fitness routine, adding yoga can bring a whole new dimension of awareness and joy to the sports you love. This class will take you through a series of postures to improve your overall health, flexibility and body awareness.

ZUMBA This aerobic dance, core body workout is just what you've been waiting for! Step, pulse & move with a groove to Latin & international music. This fun movement class will target all of your body muscles with easy to follow dance steps.