



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

Cost of classes included in membership

Great Plains Family YMCA • 1400 N. Airport Road • Weatherford, OK 73096 • (580)772-0202

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6:00- 7:00AM Boot Camp Daniel		6:00- 7:00AM Boot Camp Daniel		6:00- 7:00AM Boot Camp Daniel	
6:30-7:30 AM Pilates-Desi Front Room 6:00-7:00 AM Spinning-Lisa Spin Room	6:30-7:30 AM Pilates Desi Front Room		6:30-7:30 AM Pilates Desi Front Room	6:30-7:30 AM Pilates-Desi Front Room 6:00-7:00 AM Spinning-Lisa Spin Room	
8:00-9:00AM Zumba Ciera Front Gym	8:00-9:00AM Zumba Ciera Back Gym	8:00-9:00AM Zumba Ciera Front Gym	8:00-9:00AM Zumba Ciera Back Gym		
7:45 – 8:30 AM Toning Ginger Back Gym		7:45 – 8:30 AM Toning Ginger Back Gym		7:45 – 8:30 AM Toning Ginger Back Gym	8:00AM Running Club
8:45 – 9:30 am Toning Ginger Back Gym		8:45 – 9:30 AM Toning Ginger Back Gym		8:45 – 9:30 AM Toning Ginger Back Gym	
	9:00-9:45AM Silver Sneakers 		9:00-9:45AM Silver Sneakers 		
	9:30-10:30 AM Spinning Mary Spin Room		9:30-10:30 AM Spinning Mary Spin Room		10:00AM ZUMBA Jackie Back Gym
6:00-6:30PM Crunch Time Emily Front Room	6:15-7:00 PM PI-YO Lisa Front Room	6:00-6:30PM Crunch Time Emily Front Room	6:15-7:00 PM PI-YO Kelley Front Room		
6:45-7:30PM Kickboxing Stacy/Emily Back Gym	7:00 – 8:00 PM ZUMBA Jackie Back Gym	6:45-7:30PM Kickboxing Stacy/Emily Back Gym	7:00-7:45PM Pilates- Ciera Front Room 7:00 – 8:00 PM ZUMBA- Jackie Back Gym		
6:30-7:30 Pilates Ciera Front Room	7:00-8:00PM Boot Camp Daniel Front Room		7:00-8:00PM Boot Camp Daniel Front Room		

## ~CLASS DESCRIPTIONS~

**Classes are designed for all participants—all levels welcome!  
We encourage that you wear clothing and shoes appropriate for all activities.**

**\*Also, please bring bottled water to all cardio classes.\***

### **TONING CLASSES:**

**TONING—Get the most out of each rep. 45 minutes of resistance-strengthening exercises for men and women to help redefine your muscles using weights, balls, and bands. See the results!! Abs and stretching included. Great for all fitness levels!**

**CRUNCH TIME—Enjoy this midsection workout, training all the abdominals and the Lower back. Please inform instructor of any specific spinal or back problems &/or injuries.**

**PI-YO—the best of both worlds! We will combine Pilate's moves and Yoga techniques in This refreshing 45 minute class. You will leave feeling more flexible and with a nice toned core.**

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

### **CARDIO CLASSES:**

**KICKBOXING—Give our innovative kickboxing class a try. Use hand-foot coordination against our kickboxing bags while getting a great cardio floor workout.**

**Have fun while learning a whole new way to defend you!**

**SPINNING—like bike riding? This is a great cardio workout for beginners to experts! Come take a challenging ride through tough flats and solid hill climbs while listening to all types of music. Stationary bikes are provided;**

**Just make sure you bring plenty of water!**

**(Class located in Racquetball Court #4)**

**ZUMBA—DITCH THE WORK OUT AND JOIN THE PARTY!! Come and have an absolute BLAST in one exhilarating hour of caloric burning, heart racing, muscle pumping, and body energizing movements meant to engage and captivate you for life. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got ZUMBA!!!**

**Pilates: Pilates class is designed to lengthen your muscles while at the same time toning them in the target areas of the rear end and abdominals.**

**BOOT CAMP: Athletic based cardio blast intervals combined with drills, plyometrics & some weights... Come and get your day started off the RIGHT way with early morning BOOT CAMP...you will LOVE it!!!**

**Running Club- Never been a runner? This class will take you from your couch to running a 5K in a matter of time, after that mile marker is hit the club continues to meet and train for other various running events.**