

WHAT TO KNOW, BEFORE YOU GO:

- Classes with a * symbol are weather dependent and will cancel in the event of inclement weather.
- All other classes located outside will be relocated with inclement weather if/when possible.
- Cycling will take place in Studio B at the Janesville Y and the Gym at the Parker Y.
- Any outdoor classes using mats require members to BYOM (Bring Your Own Mat)

Reservation/Check-In Policy:

All Group Exercise reservations require a check-in at the front desk AT LEAST 10 minutes prior to class start time. Any reservations not checked in will forfeit their space in class.

All amenities bookings (weight room, aquatics, etc.) require a check-in at the front desk and will be recorded as a NO SHOW 15 minutes past your reserved time slot.

**SEE OUR WEBSITE OR FRONT DESK FOR
ADDITIONAL RESERVATION POLICIES**

WEATHER POLICY & CLASS CANCELLATIONS:

Inclement weather is defined as:

- It is under 50 degrees
- There is inclement weather
- There are unfavorable conditions

***Any weather-related class changes will be given to the front desk no later than 1 hour prior to class start.**



Questions? Please call us.

**Parker Y: (608) 868-9622
Janesville Y: (608) 754-9622**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



GROUP EXERCISE SCHEDULE

YMCA of Northern Rock County
Janesville YMCA
Parker YMCA

JUNE 15 – JULY 5

GROUP EXERCISE SCHEDULE: June 15 - July 5

NOTE: Classes with a * symbol are weather dependent and will cancel in the event of inclement weather.

JANESVILLE Y

PARKER Y

MONDAY

MORNING CLASSES

5:15A-6:15A	Cycling	Julie St./ Amanda W.	Studio B
5:15A-6:15A	RIPPED	Trudy	Gym
7:00A-8:00A	Group Power	Andrea	Outside
8:00A-9:00A	Senior Sculpt	Kelly M.	Outside
8:30A-9:30A	Bootcamp	Rene	Outside*
10:00A-11:00A	SilverSneakers®	Rene	Main Gym

EVENING CLASSES

6:00P-7:00P	Bootcamp	Rene	Outside*
6:00P-7:00P	Group Power	Alisa	Outside

TUESDAY

MORNING CLASSES

5:15A-6:00A	Group Power Express	Josh S.	Main Gym
8:00A-9:00A	Chair Yoga	Kelly M.	Outside
8:30A-9:30A	Strength & Stretch	Rene	Main Gym
9:45A-10:45A	Flow Yoga	Lin	Main Gym

LUNCH HOUR CLASSES

12:00P-12:45P	Cycling	Claudine	Studio B
---------------	---------	----------	----------

EVENING CLASSES

5:30P-6:30P	Cycling Road Trip	Jodeen	Gym
5:30P-6:30P	Cycling	Julie St.	Studio B

WEDNESDAY

MORNING CLASSES

5:15A-6:15A	Cycling	Julie St./ Amanda W.	Studio B
6:20A-6:50A	Morning Wake Up Yoga	Amanda W.	Studio B
7:45A-8:30A	Senior Cycle	Rene	Studio B
8:45A-9:45A	Chair Yoga	Kelly M.	Outside
8:00A-9:00A	Group Power	Andrea	Outside

EVENING CLASSES

6:00P-7:00P	Burpee Bootcamp	Rene	Outside*
6:00P-7:00P	Group Power	Josh	Main Gym

THURSDAY

MORNING CLASSES

5:15A-6:15A	Group Power	Jana	Main Gym
5:15A-6:00A	Cycling	Amanda R.	Gym
8:30A-9:30A	Strength & Stretch	Rene	Main Gym

LUNCH HOUR CLASSES

12:00P-12:45P	Cycling	Claudine	Gym
---------------	---------	----------	-----

EVENING CLASSES

5:30P-6:30P	Cycling	Julie St.	Gym
5:30P-6:30P	Cycling	Jessica	Studio B
5:30P-6:30P	Activated Flow Yoga	Sophie	Outside

FRIDAY

MORNING CLASSES

5:15A-6:15A	Cycling	Julie St./ Amanda W.	Studio B
8:15A-9:15A	Low Impact Bootcamp	Kelly M.	Outside
8:30A-9:30A	Bootcamp	Jodeen	Outside*
8:30A-9:30A	Friday Fever	Rene	Main Gym

EVENING CLASSES

5:30P-6:30P	Zumba	Amy/Diane/ Kyoko	Outside*
-------------	-------	---------------------	----------

SATURDAY

9:00A-10:00A	Zumba®	Rotation	Outside
--------------	--------	----------	---------

CLASS DESCRIPTIONS

Level I: True beginners wanting to establish a fitness routine.

Level III: Active individuals with a desire to raise the bar.

Level II: Some level of routine activity or returning after a brief inactive period.

AOA: All populations including aging adults and those with mobility issues.

Abs & Stretch (Levels I-III) Improve overall core strength with a class designed to specifically target trouble spots. The 45 minute session is split into two parts: 25 minutes of dynamic ab, lower back, hip and glute exercises and 20 minutes of stretching to increase flexibility and range of motion, allowing your body to cool down, recover and get results!

Activated Flow Yoga (Levels II-III) Activate your inner strength and find your inner peace with this active but intentional class. Designed to challenge multiple levels through dynamic Sun Salutations, twists and basic inversions this class is a hit for everyone.

Barre (All levels) This is a hybrid class that combines ballet-inspired moves with elements of Pilates, dance, and yoga. Taught with a ballet barre, participants can expect a variety of music and low weight repetitions.

Bootcamp (All levels) Experience cardio & toning in an intense athletic style workout that incorporates multiple training techniques and equipment. This class offers a wide range of activities for all fitness levels.

Burpee Bootcamp (Level II and III) The burpee is a great exercise to increase cardio, respiratory endurance, core strength and upper body strength. Burpee Bootcamp will incorporate a variety of burpees in every class along with high intensity training, running, and boot camp drills. All fitness levels are welcome, modifications available for all exercises.

Chair Yoga (Level I and AOA) Set aside any preconceived ideas about Yoga and pull up a chair! No matter your age, physical abilities or experience level, adapting your practice to include a chair matches poses to your personal needs.

Cycling (All levels) Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. The cycling program is geared for anyone that can ride a bike and features motivating music, awesome instructors and an inspiring group environment that lets you ride on! **Cycling Road Trip** Each class your instructor will choose a state to explore and guide you through a one of a kind experience with the option to track your mileage. **Senior Cycle** is the same great cycling class geared for AOA.

Flow Yoga (All levels) This mindful practice flows through yoga postures that improve stability, mobility and flexibility. Movement is guided by the breath and props are encouraged to accommodate all levels.

Friday Fever (Level I, II, AOA) 40 minutes of low impact cardio, 15 minutes of core strengthening, and 5 minutes of stretches will finish off your week of exercising. This enjoyable mix of cardio and strength exercises in this class will keep you coming back for more!

Group Power (All Levels) Group Power is your hour of power! This 60-minute barbell program strengthens all your major muscles in an environment with fantastic music and certified instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all fitness levels. We recommend new participants arrive at least 10 minutes early for set up and class overview. **Group Power EXPRESS** uses all the same foundations of the hour of power you've grown to love, but condenses it down to 45-minutes.

Low Impact Bootcamp (Level 1, AOA) Full-body cardio and weight designed for all ages and fitness levels. This class uses a variety of equipment to keep your workout fun and interesting.

SilverSneakers Classic (Level I and AOA) 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. Handheld weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated/standing support.

Senior Sculpt (All levels) Age is just a number and this class proves it. Participants can expect a low impact workout that increases strength and coordination while offering solid core and toning exercises. Weights, resistance bands and stability balls work to build balance and offer customized intensity options for all levels.

Strength & Stretch (All levels) This class is for all levels of fitness. The class starts with low impact cardio, moves to a light stretch, and then isolates each body part for a full body workout. It uses light and/or heavy weights (depending on a members fitness level.) Lastly, it moves to the floor for core workout and the final relaxing stretches.

YinYang Yoga (All levels) Revitalize your mind and body with this unique blend of both Yin (Passive) and Yang (active) Yoga in a single 60 minute session. Add this class to an existing practice or welcome it as a stand alone addition to your already established workout.

Yoga R & R (All levels) Escape the never ending to-do list and reward yourself with 75 minutes of deep breathing, gentle stretching and guided meditation. Relax and renew to a better YOU!

Zumba (All levels) Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Ditch the workout, join the party!