



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Downtown YMCA Wellness Center Class Descriptions

WINTER 2: March 5-May 6

AWESOME ABS - Challenging ½ hour designed to tone and strengthen your entire core. Monday 5:30pm & Wednesday 5:15pm Meets in Studio A, Instructed by Kyle & Whitney, **MEMBER FREE CLASS**, Prospective Member \$80

BOOTCAMP - A high intense workout sure to build strength, muscle and endurance. This workout is a mix of what the military uses to train their boot campers along with traditional style station training. Come ready to sweat, but most of all ready to have some fun. Monday 4:30-5:15pm, Instructed by Lawrence Studio A, Member \$25, Prospective Member \$80

BUILD W/BODYWEIGHT - Relying primarily on participants' own bodyweight, this individualized training program will help develop muscle strength and mass. Monday 6:00-7:00pm or Thursday Noon – 1:00pm YMCA Member \$69, Prospective Member \$80, Meets in Fitness Center, Instructed by JT, Alexandria, and Raschard

CORE & TABATA - A mix of core work and a timed high intensity interval workout in 45 minutes. Yes, please! Thursday 12:15- 1:00pm, Meets in Studio A, Instructed by Joscelyn, **Member Free Class**, Prospective Member \$80

EXPRESS CARDIO - This is a high-energy class with a variety of cardio and strength training exercises. Express Cardio will give you a quick and intense workout during your lunch break! Tuesday 12:15-12:45pm, meets in Studio A with Ashley, **MEMBER FREE CLASS**, Prospective Member \$80

FUSION - Megan is back and ready to give you a full body workout that will include HIIT, Barre, and Core. If you are looking to add a little variety into your workout, Fusion is just for you. Wednesday 12:10-12:55pm in Studio A with Megan, Member \$20, Prospective Member \$80

GENTLE YOGA - Is a calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Asanas/postures are practiced at a slower pace with attention towards alignment and safe technique. Recommended for all levels looking for a soothing, relaxing, and restorative experience, especially those newer to yoga or those working with special concerns, such as tension, anxiety or injuries. Friday 12:10-1:00pm in Studio C with Meena, YMCA member \$28, Prospective member \$80

G.R.I.T. - Get Ripped, In Twenty-Eighten. This is the year to not only keep your New Years Resolution, but to exceed your fitness expectations. Let Trainer Kyle coach you by improving your speed, core strength, stability, and push and pull muscle groups all within a 45 minute intense session. Friday 12:10-12:55pm, meets in Studio A with Kyle, **MEMBER FREE CLASS**, Prospective Member \$80

GROUP CYCLING - Various cycling drills designed for all fitness levels. Monday 5:45-6:45pm, Tuesday 5:30-6:30PM, Thursday 5:45AM -6:30AM, Thursday 12:10-1:00p, Meets in Studio B, Various Instructors, YMCA Member \$28, Prospective Member \$80

HIIE - This High Intensity Intermittent Exercise class will burn more fat in less time as you improve endurance and build strength! Overall, you'll be challenged with many short, intense intervals with brief periods of rest. Cardio, strength and ab intervals are used in each workout and will be changed each week to keep challenging your body. Each muscle group is worked to fatigue using a circuit format that incorporates cardiovascular segments to keep the heart rate elevated. Weight can be adjusted for various fitness levels and modifications will be shown for cardiovascular segments. Join Alex on Tuesday and Thursdays 6:15-7:00pm on the fitness floor. Member \$69, Prospective member \$80

PILATES MAT WORK - Based on the systematic approach to exercise of Joseph Pilates, this class is designed to develop and execute and physically challenge you with a powerful system of mat exercises that target the core. Overall improving dynamic postural balance and engraining proper movement patterns. Tuesday 12:10pm-1:00pm, Thursday 12:10-1:00pm, Meets in Studio C, Instructed by Liz, YMCA Member: \$28 Perspective Member: \$80



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POWER PLYOMETRICS - 45 minutes of skipping, hopping, lunging and squatting! Power Plyo will help you increase your speed, power and stamina. Tuesday 5:30-6:15pm with Ashley in Studio A, **MEMBER FREE CLASS**, Prospective member \$80

SMALL GROUP TRAINING (SGT) - Get the benefits of personal training while sharing the cost with your family, friends, or coworkers. Class size limited to no more than 5 individuals, flexible times available to work with your schedule. Contact Jon Greene to set up your training today! (D)517.827.9643 (E)jongreene@ymcaoflansing.org

SPARTAN CIRCUITS - This class is designed with timed circuits, tabata, and weighted reps to burn fat, improve posture, increase dynamic movements, and overall athleticism. This workout is a high intensity 45 minute class (All circuits suitable for all ability levels) Tuesday 7:00-7:45pm, Thursday 7:00-7:45pm, Meets in Studio A, Instructed by Kyle, YMCA Member: \$69 Prospective Member: \$80

STRENGTH & CONDITIONING - Low weights/high rep scheme ensures that heart rate stays elevated while reaping the benefits of a resistance training program. Monday 6:00-6:45pm, meets in Studio A, Instructed by Kyle **MEMBER FREE CLASS**, Prospective Member \$80

STRENGTH TRAIN TOGETHER - Strength Train Together will blast all your muscles with a high rep weight training workout. Using adjustable barbell weight plates and bodyweight this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating atmosphere will get your heart rate up, make you sweat and push you to a personal best. Tuesday 6:00-7:00am, Wednesday 5:45-6:45pm, Thursday 6:00-7:00am and 5:45-6:45pm, Saturday 9:00-10:00am meets in Studio A, Instructed by Paige, Whitney, Jenna and Lawrence. **Y Member only FREE CLASS**

SUSPENSION TRAINING - Using straps suspended from the ceiling, gravity, and the leverage of your own body weight, this class is designed to give you an intense full body workout, Monday 6:30-7:15am, Tuesday 12:15-1:00pm, Wednesday 6:30-7:15am, Thursday 5:30-6:15pm, Friday 6:30-7:15am, Friday 12:15-1:00pm, Meets in the Fitness Center, Instructed by JT, Tim, and Polly, YMCA Member \$40, Prospective Member \$90

TURNING POINT FITNESS - This supportive class utilizes personal trainers to help decrease stress in a format designed specifically for breast cancer patients and survivors. Wednesday 5:45-6:45pm, Studio C, Instructed by Brenda, Member Fee:\$0, Prospective Member:\$0 - Note: "FREE" for any Breast Cancer Survivor for 1 year.

WARRIOR WORKOUT: Come make your fat cells cry defeat. In this small group environment, motivation and encouragement are at the forefront. This workout is 45 minutes of intense exercise designed to help you find your inner warrior. (all moves can be modified for beginners). Instructed by Kalea, Tues and Thurs from 6:15-7am. YMCA Member \$69, Prospective Member \$80

WEIGHTS WITH KYLE: Come join Weights with Kyle for a specifically tailored, 45 minute resistance training program! At the beginning of each session, the participants set a goal with the trainer. Based off the information provided, a workout template is created that suits each individual's needs. Progress is tracked with periodic measurements and metrics review. Form, technique, and program adherence are strictly reinforced as each individual works hands on with Kyle on all aspects of weightlifting. Instructed by Kyle Monday and Wednesday 6:45-7:30 pm, Member \$109, Prospective Member \$135

WORKOUTS WITH A PERSONALTRAINER - Small group training at its best. Not confined to studios. Get the benefits of personal training at a group friendly price. Please contact Jon Greene to set up at (D) 517.827.9643 (E) jongreene@ymcaoflansing.org

YOGA FLOW- Class is aimed at stretching & strengthening muscles as well as improving posture, balance, and flexibility. Monday with Meena, 12:10-1:00pm, 6:30-7:30am Wednesday with Scott, or Wednesday with Meena 12:10-1:00pm. meets in studio C, YMCA Member \$28, Prospective Member \$80

DOWNTOWN YMCA WELLNESS CENTER

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