



Hutchinson YMCA / Land Aerobics Schedule
Effective June 2016

Time	Class	Instructor	Time	Class	Instructor
Monday			Thursday		
5:40 - 6:40 a.m.	Boot Camp	Courtney	5:45-6:45 a.m.	Yogilates	Carrie
8:30 - 9:30 a.m.	S.W.E.A.T	Jill	8:30 - 9:30 a.m.	Muscle Pump	Judy
9:45 - 10:30a.m.	Low Impact Aerobics	Becky	12:15 - 12:45p.m.	Muscle Pump	Lesa
12:15 - 1 p.m.	PiYo	Becky	1:00 - 1:45 p.m.	Silver Sneakers Classic	Tricia
5:30 - 6:30 p.m.	Boot Camp	Lesa	5:30 - 6:30 p.m.	Zumba	Tiffany
6:30 - 7:30 p.m.	**Tae Kwon Do (6-11 yr)	Chris / John			
7:30 - 8:30 p.m.	**Tae Kwon Do (11 + yr)	Chris / John			
Tuesday			Friday		
5:45-6:45 a.m.	Yogilates	Carrie	8:30 - 9:30 a.m.	S.W.E.A.T	Jill
8:30 - 9:30 a.m.	Muscle Pump	Courtney	9:45 - 10:30a.m.	Silver Sneakers Circuit	Tina
9:45 - 11:00 a.m.	Pilates	Judy			
12:15-12:45p.m.	Muscle Pump	Lesa	5:15-6:00p.m.	PiYo	Kari
1:00 - 1:45 p.m.	Silver Sneakers Classic	Tina	6:30 - 7:30 p.m.	**Tae Kwon Do	Chris / John
5:30 - 6:30 p.m.	Zumba	Tiffany	7:30 - 8:30 p.m.	**Tae Kwon Do	Chris / John
Wednesday			Saturday		
5:40 - 6:40 a.m.	Boot Camp	Courtney	8:45 - 9:30 a.m.	PiYo	Kari
8:30 - 9:30a.m.	S.W.E.A.T	Jill	10:00-10:45 a.m.	Circuit	Chris/Frank
12:15 - 1 p.m.	PiYo	Tricia			
5:30 - 6:15 p.m.	Boot Camp (1,3&5 wk of the mth)	Lesa			
	Yogalaties (2&4 wk of the mth)	Carrie			
6:15- 7:00 p.m.	Circuit Training	Chris/Frank			

We apologize in advance for cancellations due to unforeseen scheduling conflicts or instructor emergencies.
 All classes are free to members (including Silver Sneakers) unless otherwise stated.
 Non-members will have to purchase a \$ 15.00 or \$45.00 punch card to attend classes or unless otherwise stated.

** Pre-registration is required for Tae Kwon Do classes.
 For further information on classes and schedules, contact Tricia (Wellness Director) at 662-1203.

Class Descriptions

Circuit Training	This class involves MMA style kicking and hitting using stationary bags. Other equipment used can include kettlebells, ropes, jump ropes, piyo boxes ect. We do ask that when you come to class to have protective gloves for class since there is a lot of punching involved. MMA style open or closed gloved lightly padded gloves would work the best. This is a 45 minute class.
Low Impact Aerobics	A lower impact dance and fitness class. Idea for beginners and seniors. Helps improve balance, flexibility, strength and cardiovascular.
Boot Camp	Circuit training strength and cardio Boot camp. For all fitness levels. Class is all about modifications and progressions at your own pace. It will definitely challenge, motivate and inspire you. Safe, effective and always changing.
Power Step	Step program designed by Power Music. High energy cardio. Sculpt your entire body .
S.W.E.A.T.	High intensitytotal body fitness routines to fun upbeat music, incorporating plyometrics,strength training,punches,kicks... anything we can think of...come sweat with us. Strenous Whole-Hearted Effort Attains Transformation
Muscle Pump	A high repetition workout focusing on working all the major muscle groups with the use of a plate loaded barbell.
PIYo	Pilates and Yoga inspired using dynamic movements.
Pilates	A body-conditioning technique designed to stretch, strengthen and balance the body. Exercises are aimed at building muscle strength and rebalancing the body. Excellent for improving posture, strength and flexibility and aligning the body correctly.
Silver Sneakers Classic	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, and a chair is used for seated exercises or support for standing exercises.
Silver Sneakers Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. Recommended as one of the most effective exercises for physical and mental well being and is especially suitable and effective for arthritis. The focus of this class will be to increase flexibility, muscular strength, increase heart/lung activity, as well as proper body alignment and improvement in balance, integrating both mind and body techniques
Tae Kwon Do Moo Duk Kwan	Korean martial art that teaches agility, mental discipline and self-control. Must pre-register at the Front Desk. Call Tricia at 662-1203 for more information.
RIP	45 min program using traditional strength training equipment to get tone, build strength, burn calories and reduce body fat.
Yogilates	Yoga and Pilates combined to help gain core strength, flexibility, balance
Yoga	Relax and improve your flexibility and posture.
Zumba	High energy fun class. Get a great workout dancing to Latin music.