



Edmond Group Exercise

JULY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:25am	STEP INTERVAL Mark	TONING Catherine	Boot Camp Jennifer	TONING Catherine			
6:00-7:00am	Boot Camp Jennifer (football field)				Boot Camp Jennifer (football field)		
7:45-8:45am	ANYBODY'S WORKOUT (B) Jewel		ANYBODY'S WORKOUT (B) Bud		ANYBODY'S WORKOUT (B) Carmen		
8:30-9:40am		YOGA I (B/I) Jeannie		YOGA I (B/I) Jeannie			
9:00-10:00am	CARDIO CIRCUIT (I) Jewel		ZUMBA Kelly		STEP (I) Mark	9:00-10:00 ZUMBA Kelly	
			9:00-10:00 Boot Camp Sheryl (at front door)			10:05-11:05 YOGA Jeannie	
9:50-10:45am		ULTIMATE KICKBOXING CONDITIONING <i>Various Wonderful Instructors</i>		ULTIMATE KICKBOXING CONDITIONING <i>Various Wonderful Instructors</i>			
Mon/Wed 10:05-10:55am Fri 10:15-11:15	Pilates Jami		BODY SCULPT (B/I) Sheryl		INTERMEDIATE PILATES (I) Jami/Shirley		
Mon/Wed 11:00-11:45 Tue/Thur. 10:50-11:30am	SILVER SNEAKERS Cardio Circuit (B) Bud	SILVER SNEAKERS MSROM (B) Bud	SILVER SNEAKERS Cardio Circuit (B) Kelly	SILVER SNEAKERS MSROM (B) Lisa	11:20-12:00 ZUMBA GOLD Kelly		ZUMBA 2:30-4:00 Kelly
4:30-5:30pm	Boot Camp Kassi		Boot Camp Kassi				
5:35-6:30pm	TONING (B/I) Lori	ZUMBA Susanna	TONING (B/I) Lori	ZUMBA Sarah	ZUMBA Mina		
6:35-7:30pm	KICKBOXING (B/I) Susanna	YOGA I (B/I) Pam	CORE Shelby	YOGA II (B/I) Pam			

Edmond YMCA
1220 South Rankin
Edmond, OK 73003
(405) 348-9622

CLASS DESCRIPTIONS

All classes are free to members with no sign-up! Always work at a lower level when new to an exercise.

ANYBODY'S WORKOUT – Low impact, easy to follow aerobics-perfect for beginners, pre/postnatal, active older adults, or those wanting a slower pace. Includes strengthening, balance work, flexibility and fun.

Body Sculpt - Functional strength and endurance training for major muscle groups using weights, bands, balls, and/or body weight.

Boot Camp - Short bursts of timed high intensity aerobic work such as jumping jacks or running in place. No coordination required.

CARDIO KICKBOXING - Martial arts combined with aerobic and muscle conditioning. It is recommended that members participating regularly purchase their own wraps or gloves.

CIRCUIT CIRCUIT– Less choreographed work; aerobic intervals alternating with intervals of strength work. No coordination required!

CORE - Focuses on the abs, back, and glutes.

KICKBOXING ULTIMATE CONDITIONING – Cardio Kickboxing incorporated with various conditioning drills and strength training.

PILATES – Conditioning class for gaining strength and flexibility focusing on core muscles.

Proper form is emphasized, while performing a greater number of repetitions. It is recommended that members participating regularly purchase their own mats.

Silver Sneakers®MSROM – Have fun and move to the music through exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support.

Silver Sneakers®CARIO CIRCUIT - All the fun of SilverSneakers®, but activities are performed standing, with increasing intensity, and with support.

STEP – Low impact workout using adjustable step heights – occasionally double or multiple steps.

TONING – Functional strength and endurance training for major muscle groups using weights, bands, balls, and/or body weight.

YOGA I – Emphasizing flexibility, strength, breathing and balance as well as relaxation, beginner/intermediate level. It is recommended that members participating regularly purchase their own mats.

Zumba – Fuses hypnotic musical rhythms & tantalizing moves to create a dynamic cardiovascular workout that is FUN and EASY

Zumba Gold – Zumba for the beginner or Active Older Adult.

Please inform your physician when starting or changing an exercise routine. Always discuss whether your routine should be altered if illness occurs or when beginning new medications (some may effect your exercise heart rate)