

Trails YMCA



Group Cycling & Exercise Schedule

August

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------|-------------------------------------|-------------------------------------|---|------------------------------------|---|-----------------------------------|
| 5:15-6:00am | Group Cycling Tonya | Boot Camp Sheryl 5:15-6:15am | Group Cycling Tonya | Boot Camp Sheryl 5:15-6:15am | Group Cycling Kristy | |
| 9:15-10:00am | Group Cycling Kassi | Body Sculpt Rachel 9:15-10:15 | Group Cycling Kassi | Body Sculpt Jewel 9:15-10:15 | Group Cycling Rachel | 9:00AM Group Cycling Sheila |
| 10:15-11:15am | Boot Camp Susie | | Boot Camp Susie | | <i>ZUMBA</i> <i>Shonda</i> | 9:45-10:15 CORE Sheila |
| 10:30-11:15 | | <i>ZUMBA</i> <i>Rosanna</i> | | Yoga Kate | | |
| 11:30am - 12:15pm | Silver Sneakers MSROM Jessica | | Silver Sneakers Cardio Circuit Lisa | | Silver Sneakers Cardio Circuit Lisa | |
| 4:30-5:15pm | | Group Cycling Sheila | | | | |
| 5:15-5:45pm | | CORE Sheila | | CORE Becky | | |
| 5:45-6:30pm | Group Cycling Lori | Group Cycling Sarah | Group Cycling Lori | Group Cycling Becky | | |



Trails YMCA

261 South Santa Fe Avenue *(405) 330-4016

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.

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

Group Cycling – An excellent cardiovascular workout utilizing specialized stationary bikes. Participants choose their resistance while riding to exhilarating music! In this class you will burn calories! Climb, sprint, and jump your workout to the next level.

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® Cardio Circuit - All the fun of SilverSneakers®, but activities are performed standing, with increasing intensity, and with support.

Silver Sneakers® FIT TIME- A social time for you to join your SilverSneakers® friends at the Trails YMCA.

ZUMBA - Fuses hypnotic musical rhythms & tantalizing moves to create a dynamic cardiovascular workout that is FUN and EASY.

TRAILS YMCA Hours
Mon – Thurs 5:00am – 10:00pm
Friday 5:00am – 9:00pm
Saturday 7:00am – 6:00pm
Sunday 1:00pm-5:00pm