



# JOPLIN FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP FITNESS CLASSES

|          | MON.   | TUES.  | WED.   | THURS.   | FRI.            | SAT.   |
|----------|--|--|--|--|-----------------|--|
| 5:00 am  |  |  |  |  |                 |  |
| 8:00 am  |  | Barre Above® (1)<br>w/Larra                              |  | Barre Above® (1)<br>w/Larra                              |                 |  |
| 8:30 am  | Spin® (S)w/Larra   |  | Spin® (S)w/Larra   |  | Spin® (S)w/Lisa |  |
| 9:00 am  | Silver Sneakers®<br>Stability (1)<br>w/Karen               | Move It! (1)<br>w/Karen<br><br>Aqua Barre<br>(P) w/Larra | Silver Sneakers®<br>Stability (1)<br>w/Karen               | Move It! (1)<br>w/Karen<br><br>Aqua Barre<br>(P) w/Larra |                 | HIIT the Turf(G)<br>w/Derrick (45 min)   |
| 10:00 am | Aqua Strength &<br>Fitness<br>(P) w/Nancy                  | Zumba® (2)<br>w/Ashlie                                   | Aqua Strength &<br>Fitness<br>(P) w/Nancy                  | Zumba® (2)<br>w/Ashlie                                   |                 | Aqua Bootcamp (P)<br>w/Letha<br><br>Zumba® (G)<br>w/Nikki<br><br>Yoga® (1)<br>w/WenWen |
| 10:10 am |  | Silver Sneakers®<br>Yoga (1)<br>w/Karen                  |  | Silver Sneakers®<br>Yoga (1)<br>w/Karen                  |                 |  |
| 4:00 pm  | Strength Train<br>Together (MOSSA)<br>(1) w/Larra          |  | Strength Train<br>Together (MOSSA)<br>(1) w/Larra          |  |                 |  |
| 5:10 pm  | HIIT the Turf(G)<br>w/Derrick (45 min)                     | Hard CORE (2)<br>w/Nikki (20 Min)                        | HIIT the Turf(G)<br>w/Derrick (45 min)                     | Hard CORE (2)<br>w/Nikki (20 Min)                        |                 |  |
| 5:15 pm  |  | Aqua Bootcamp (P)<br>w/Letha                             |  | Aqua Bootcamp (P)<br>w/Letha                             |                 |  |
| 5:30 pm  | Hip Hop Spin® (S)<br>w/Olivia<br><br>Yoga® (1)<br>w/WenWen | Zumba® (2) w/Nikki                                       | Hip Hop Spin® (S)<br>w/Olivia<br><br>Yoga® (1)<br>w/WenWen | Zumba® (2) w/Nikki                                       |                 |  |
| 6:30 pm  |  | Yoga® (1)<br>w/Emma                                      |  | Yoga® (1)<br>w/Emma                                      |                 |  |

1= Fitness Studio 1 (On 1st Floor) 2= Fitness Studio 2 (On 2nd Floor) S= Spin Studio G= Gym P= Pool

### CHILD WATCH HOURS:

Monday–Friday: 8:00 am–11:00 am  
Monday–Friday: 4:00 pm–7:30 pm

### POOL HOURS:

Monday–Friday: 5:00 am – 1:00 pm (closed 1:00–4:00) 4:00 pm–7:45 pm  
Saturday: 7:00 am–5:00 pm Sunday: 12:00 pm–4:00 pm

Effective  
01/18/2023



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CLASS DESCRIPTIONS

**BARRE ABOVE®:** A totally unique approach working out. Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do. Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape.

**SPIN®:** A fun, heart-pumping workout. Ride a stationary bike on the flats, up hills, through rolling hills led by a certified instructor motivated by great music. Spinning is perfect for everyone since you control the resistance and pedal speed—creating just the right intensity for you. We will help you fit your bike to your comfort.

**HIP HOP SPIN®:** **HIP HOP SPIN CLASS** is a dance party on a bike! It is a challenging, high energy **CYCLING CLASS** led by a certified instructor motivated by HIP HOP music. Feed off the incredible energy in the room with a combination of endurance and strength building intervals. You will be counting down the hours til you're back in the saddle again!

**STABILITY:** SilverSneakers® Stability is a drills and skills class that improves balance, agility, mobility, lower body strength and power in older adults. Chairs are used for help with balance. This class is combined with a SilverSneakers Fall Prevention 12-week educational program.

**SILVER SNEAKERS YOGA®:** This fusion class blends a variety of yoga styles to improve flexibility, muscular endurance, and balance. With regular attendance, you can improve your stress reduction, pain management, strength, flexibility, function, posture, and balance. Chairs are used for seated and standing support.

**ZUMBA®:** Join the dance party! Dance based cardio workout set to Latin and Worldwide rhythms with a mix of low and high intensity moves for an interval style, calorie burning dance fitness party. The mix of low and high intensity makes it perfect for every skill level! Sure to get your cardio going! Zumba® is FOR ALL, BY ALL!

**MOVE IT! STRENGTH & CONDITIONING:** Full body, moderate intensity workout to upbeat music. You will improve the strength and conditioning of your whole body with exercises and equipment including dumbbells, bands, and steps. Although it is not choreographed, the beat and tempo of the music contributes to the fun and intensity of the class. Workouts finish with mat exercises and core work, followed by 10 minutes of stretching.

**STRENGTH TRAIN TOGETHER:** A one hour, cutting edge strength training workout designed to get your muscle and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, the STEP®, heart-pounding music, and expert coaching. All levels welcome.

**YOGA®:** Moderate intensity class includes flowing postures designed to create strength and flexibility.

**Hard CORE:** This 20 minute class will build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and ultimately improve your quality of life. This includes abdominals, low back, muscles around your pelvis, and the glutes. Mats are provided.

**AQUA STRENGTH & FITNESS:** Low intensity/low impact water fitness that combines full body stretching with 15-20 minutes of cardio. Formerly called Arthricise.

**AQUA BARRE:** We brought the popular Barre® fitness format to the pool. This fun and inspiring total body water workout utilizes movements and positions from dance, Pilates, and yoga that have been adapted to be unique, challenging, and effective in water. With a pool noodle as a ballet barre for stability and the water's resistance and buoyancy, you will work through ultra-low impact movements without stress to muscles and joints. You will see improvement in balance, coordination, stability, strength, and overall function.

**AQUA BOOTCAMP:** High intensity/low impact water workout guaranteed to get your heart pumping! Great cardio and full body workout set to music. Using the water for resistance, this class also uses foam water weights and pool noodles. Many participants move to the deep end at the conclusion of Aqua Bootcamp and kick things up a notch for a 15 minute workout using weighted belts in a session called S'Wet in the Deep! You can sweat in the water!

**HIIT the Turf:** This 45 minute class is an interval training sequence with high intensity exercises. Building cardiovascular fitness while improving muscular strength and endurance—you will be challenged to push your limits, but walk out feeling strong! Bring water!