

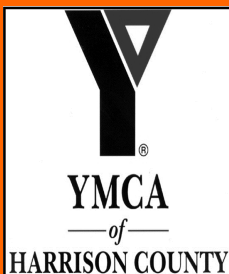
Heritage Room & Limeberry Room (Updated 7/15/10)

Unless otherwise noted class is held in *both* the Heritage and Limeberry Rooms

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-6:45am Group Cycling Limeberry Room Mary Ann		6:00-6:45am Group Cycling Limeberry Room Mary Ann	6:00-6:30am Jump & Push Heritage Room Rhonda	8:30-9:30am Saturday Suprize Rotation Heritage Room 7/17-Marcie 7/24-Lana 7/31-Rhonda 8/7-Kathy 8/14-Marcie 8/21-Lana 8/28-Rhonda 9/4-Kathy 9/11-Marcie 9/18-Lana 9/25-Rhonda
	10:00-11:00am Bible Study Heritage Room	9:00-9:45am Zumba Heritage Room Candace	10:00-11:00am Turbo Kick Amanda	9:00-9:45am Zumba Candace		8:30-9:45am Tae Kwon Do Limeberry Room
3:30-4:15pm 80's Re-Mix Marcee		9:30-10:30am Terrific Tues. Limeberry Room Staff				9:30-12:00 Tae Kwon Do
	5:00-5:45pm Latin Aerobics DJ	4:30-5:30pm Turbo Kick Amanda	5:00-5:45pm Latin Aerobics DJ		5:00-5:45pm Latin Aerobics DJ	2:00-3:00pm Tumbling Heritage Room
	6:00-6:45pm Little Kicks Heritage Room	5:30-5:45pm Abs Express Amanda	6:00-6:45pm Body Sculpting Lana	6:00-6:45pm Rep Reebok Sally Heritage Room		2:00-4:00pm Brain Injury Support Group Limeberry Room
	6:00-8:15pm Tae Kwon Do	6:00-6:45pm Fit Camp Rhonda		6:00-6:30pm Intro to Cycling &		
		7:00-7:45pm Turbo Kick or Sizzilin Step Heritage Room Sally/Lana		6:30-6:45pm Abs Express Or Turbo Kick 6:00-7:00pm Amanda Limeberry Room		
		7:00-9:00pm Square Dance Limeberry Room		7:00-7:45pm Kickboxing Marcee		

Shireman Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-10:00am Pilates Erik	9:00-10:00am Video Yoga	9:00-10:00am Pilates Erik	8:00-9:00am Stretch/Balance Yoga (Adult) Michelle	9:00-10:00am Video Yoga	9:30-10:30am Stretch/Balance Yoga (Parent/ Child) Michelle
		5:00-5:45pm Pilates Rhonda		6:00-6:45pm Pilates Kathy		10:45-11:45 Baton Twirling
		6:00-7:00pm Fitness Yoga Rebecca	6:00-7:00pm Tai Chi	6:45-8:45pm Beth Moore Study (Beg. 8/5/10)		
		7:00-8:00pm Bible Study (Beg. 7/20/10)				



WELLNESSES

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MEMBER PLUS GROUP EXERCISE CLASSES

From traditional aerobic classes to Zumba, the YMCA offers a variety of classes to engage those who want to get their work out in a social, group format. Current classes are listed below.

80's Remix - Get Into the Groove with this total-body, calorie-blasting dance workout to all your favorite hits from the 80s.

Ab's Express - An intense and effective workout to tone and strengthen your abdominals and core! Tuesdays; Every 1st, 3rd and 5th Thursday.

Body Sculpting - This class is designed for the participant wishing to add muscle tone/definition and strength to the body. It challenges the total body with resistance. You will also learn the "how to" of weight training.

Cardio Kickboxing - Cardio Kickboxing is the ultimate cardiovascular challenge, complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength and endurance training and a flowing cool down.

Fit Camp - Try this intense, cardio and weight training total body boot camp workout, geared to make the most of your exercise time. It'll keep you moving.

Fitness Yoga - This yoga style combines the traditions of yoga along with the principles of exercise for strength and flexibility training. Many of the classic postures have been modified to allow all levels to participate and keep the tension in the joints to a minimum.

Stretch & Balance Yoga - Stretches for all muscle groups, deep breathing, and beginner yoga postures are the focus for this class which will end with guided relaxation encouraging stress management and increased muscle strength and flexibility.

Stretch & Balance for Parent Child Yoga - Stretches for all muscle groups, deep breathing and beginner yoga postures are the focus for this class which will end with guided relaxation encouraging stress management, improved parent-child bond and increased muscle strength and flexibility.

Group Cycling - A superior cardiovascular workout which incorporates different levels of resistance, speed and intensity. Participants are encouraged to cycle at their own ability level.

Intro to Cycling - In this traditional stationary cycling you will be introduced to a variety of cycling situations. This class is designed to help the beginner exerciser or cyclist become familiar with proper cycling technique and form while getting a great cardio workout set to fun music! Every 1st, 3rd and 5th Thursday.

Jump & Push - An intermediate 30 minute class that incorporates jumping rope, calisthenics, and upper body strengthening exercises to give you an intense, fat burning workout!

Latin Aerobics - Dance your way into shape in this instructor choreographed class. Cha-cha, mumba, grape vine and twist your way to health while having fun!

Pilates - Pilates is an innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates transforms the way your body looks, feels and performs. Focusing on spinal alignment and strengthening abdominal and back muscles.

Rep Reebok - The class features basic strength training exercises performed with emphasis on proper body mechanics and progressive resistance training to increase muscle strength, power and endurance.

Saturday Surprise Rotation - This class is all about you and your fitness needs. The class includes aerobic, anaerobic; weight training, and some educational tips and challenges for a total mind, body, and spirit connection!

Sizzilin Step - A fun-filled aerobics class (32 count) that utilizes the step for an intense cardiovascular workout. Step burns 30-60% more calories than traditional aerobics with a particular emphasis on hips, thighs, abs, and buttocks. This class also may include power step and interval step, which includes body-sculpting moves and aerobics exercise on the step. Every 2nd & 4th Tuesday of the month.

Turbo Kick - The cardio workout sweeping the nation! Maximize your workout with ab sculpting moves and fat burning cardio set to the hottest dance music. Turbo Kick® will offer an addictive workout that combines shadow boxing, kickboxing, sports drills, dancing, yoga and simple dance moves in a party atmosphere. Tuesdays: 1st & 3rd Tuesday; Wednesdays; 2nd & 4th Thursday.

Zumba - A very exciting class full of latin and exotic flavors. It incorporates hip-hop, cha-cha, merengue, salsa and mambo moves to an infectious latin beat. (easy to follow steps) Are you ready to Zumba? This workout is so much fun you don't realize that you are even exercising. Most participants find themselves hooked after one class.

This schedule is subject to change so please check back frequently for changes.