

GROUP EXERCISE CLASS DESCRIPTIONS

Please see the monthly Group Exercise Schedule for class days, times and room locations.
Ages 12 and older, unless otherwise noted, may partake in group exercise classes.

AMPD Resistance & Strength

A group fitness format designed to use various types of resistance bands/barbells, choreographed to heart-pumping music to create a fun, energetic one-of-a-kind experience that is effective and safe for all fitness levels. It uses the rhythm, speed and phrasing of the music to keep all class participants on the same pace.

Barre

Barre fuses the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do; and it delivers a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you into absolutely amazing shape. No dance experience is needed.

Cardio Strength Fusion

Experience a high intensity, full-body workout that targets the major muscle groups of the upper lower body. From circuit-style routines that jump-start cardio fitness to creative muscle-toning exercises using dumbbells, exercise bands, or even the participant body weight.

Country Throwdown

Great country music with simple line dance-inspired moves. If you want to lose weight but have been waiting for the simple, fun program without burpees, pull-ups, or hip-hop backflips...You're gonna LOVE Country Throwdown.

Full Body Hit

Join us for a 30-minute high intensity interval training workout with 20 second exercises, and 10 second breaks that crank up your heart-beat and burn calories.

Group Cycling/Cycle Together

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

Mindful Motions

Stretching class for all levels. Works on strength, balance, and flexibility.

PILATES

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, Pilates builds strength without excess bulk, creating a sleek and toned body. Appropriate for all fitness levels.

Yoga

This yoga class is for all levels of yoga enthusiasts and will bring balance, strength and focus to your day.

Yoga for Athletes

Combines yoga, core work, mobility drills, Pilates, and breath control to meet an essential need for the athlete's body. This brand new class will entail breathing exercises, mobility for shoulders and hips, and a relaxation period at the end. By pairing breathing techniques with movement and stretching, for example, the simple but challenging workouts will create body awareness and will help our bodies recover after other workouts, prepare them for sleep at night and allow space to create more flexibility and mobility. This is a class for yogis, athletes, and anyone interested in trying something new that will better your overall performance in any other style of cross training or activity that you are doing throughout the week.

REFIT®

REFIT® combines several elements of fitness into one power-packed hour. While the focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

R.I.P.P.E.D.

Want to lose inches and increase your metabolism? Not satisfied with your workouts? R.I.P.P.E.D. is what it takes! R.I.P.P.E.D. is a "Plateau Proof Fitness Formula" that masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet.

SilverSneaker® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

Step Inferno

This is a 55 minute high intensity step workout that is challenging, fun, and motivating. You will sweat and scorch calories with this exciting twist on traditional step training.

Strength Train Together

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best.

WELLNESS CENTER AGE REQUIREMENTS AND POLICIES

- 12 - 15, need to obtain YouthFit Certification to use free-weight area and must be accompanied by someone 16 or older.
- 12 and older, Cardio and Cybex areas only after obtaining a YouthFit Certification (see above).
- Under 12, accompanied by someone 16 or older and written doctor's note before obtaining YouthFit Certification, Cardio/Cybex areas only. Doctor's note must confirm that child is released by doctor to use equipment.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective:
October - December 2022
Subject to change

SPORTS AND WELLNESS CLASSES AND PROGRAMS YMCA OF HARRISON COUNTY



YMCA OF HARRISON COUNTY
198 Jenkins Ct. NE, Corydon, IN 47112
P 812.734.0770 F 812.738.0721
www.ymcaharrison.org
contactus@ymcaharrison.org

PERSONAL TRAINING*

A certified personal trainer will assess your fitness level and design effective programs based upon your needs. They will work with you in order to help accomplish your personal wellness goals.

Personal Training
One-on-One Sessions:
Members:\$40 per hour or
\$175 for 5, one hour sessions
Participants: \$55 per hour or
\$225 for 5, one hour sessions



Michelle Wernert

Sessions with Michelle available
Monday - Friday, mornings only.

ADULT SPORTS

FUTSAL – Recreational League

Join our Y's RECREATIONAL Adult Futsal League open to ages 13 and up.

Two 5-man teams, including a goalkeeper, play for two 20-minute periods in a fast game requiring speed and technique.

Teams are created by participants and each team must wear like colored shirts/uniforms. There is a maximum of 8 teams (40 participants).

Season runs October 21 through December 16, with no games on Friday, November 25.

Games: Friday evenings, 5:00 p.m. – 9:00 p.m.
Member: \$50 per person
Participant: \$60 per person



FUTSAL – Open Gym

Futsal Open Gym is a time to work on skills, practice for the Recreational league, or play a pick up game of futsal.

The gym will only be open for futsal during this time.

Open Gym: Thursday evenings, 5:30 – 8:30 p.m.
 Recreational League participants: FREE
 All Others: \$5 per person



PICKLEBALL*

A combination of tennis, badminton, and ping pong. Pickleball is a fun and fast growing sport for all ages.

Times: Monday – Friday, 8:30 a.m. – 11:30 a.m.
 Times are subject to change, so please check the gym schedule to confirm sessions.

To receive Text Alerts from the YMCA of Harrison County, text the corresponding keyword to 84483.

| Program/Class | Keyword |
|-----------------------------------|----------------|
| Adult Basketball | YHCADULTBBALL |
| Adult Soccer/Futsal | YHCADULTSOCCER |
| Land Based Group Exercise Classes | YHCGROUPEX |
| Youth Soccer | YHCYOUTHSOCCER |

YOUTH SPORTS

ROOKIE BASKETBALL – for ages 3-4, and ages 5-6

This skill development program promotes basketball basics in an environment that encourages fun, character development, and sportsmanship. Participants should wear basketball shoes/sneakers and bring a water bottle each day. Parent involvement is encouraged, and Volunteer Coaches are needed.

Practices: begin the week of October 10 and take place Mondays – Thursdays.

Games: will be played on Saturdays, November 12 – December 17 (no games on November 19th)

Members: \$70 per child
Participants: \$85 per child



Volunteer Coaches Needed:

We are in need of volunteer coaches for all upcoming youth sports. If you are interested, please fill out our volunteer application at ymcaharrison.org or email nbilkey@ymcaharrison.org.

COMING SOON:

Registration for YOUTH BASKETBALL, ages 7-8, 9-10, and 11-13

Building on the skills learned in Rookie Basketball, a higher level of competition is promoted within an environment that practices the core values of caring, honesty, respect and responsibility.

Program runs January 9 – March 18 with games beginning January 28. Practices take place during the week and games will be played on Saturdays.

Registration begins: December 3

Members: \$70 per child
Participants: \$85 per child

WELLNESS PROGRAMS

ROWIN' ON THE RIVER CHALLENGE

Get a full-body workout on this virtual 100-mile rowing competition down the Ohio River! You and a partner will row, virtually, from O'Bannon Woods State Park to Evansville, IN by using the indoor rower at the Y (or at home) to accumulate miles.

Rowing form and positioning techniques are included to help improve workout times. Rowing workouts are provided to get you across the finish line in plenty of time. Also, one-on-one coaching appointments are available to ensure you don't get "lost on the River."

Open to ages 14 and up. Participants who complete the challenge will receive a T-shirt, and there will be weekly and final drawings for Visa gift cards.

Challenge runs October 1 – November 14.

Member: \$5 per person
Participant: \$5 per



ACTIVE OLDER ADULTS (AOA) POTLUCK – Thanksgiving Theme

Bring a dish to share, recipe included, and join the group for fellowship and fun. The Y will provide all tableware and water, as well as board games for enjoyment.

Date: Tuesday, Nov. 15th at 12:45 p.m.
Location: First Harrison Bank Room.

SPECIAL EVENTS*

ANNUAL GLOW PARTY

October 27, 5:30-6:30 p.m.

Come for an evening full of fun and black lights! Experience a variety of demos from our group exercise classes. Wear bright clothes or a costume, and glowing accessories! Admission fee is one new, unwrapped toy for the Marine Corp. Toys for Tots. The party takes place in the Heritage/Limeberry Room. Registration runs October 5 – 27, and can be done at the Service Desk or online at www.ymcaharrison.org

9th ANNUAL HOLIDAY BAZAAR & SILENT AUCTION

November 19, 9:00 a.m. – 2:00 p.m.

Shop for handmade, locally made, and direct sales items. Admission is FREE.

ANNUAL TURKEY BURN

November 26, 9:00 – 11:00 a.m.

Join us for a variety of group exercise class demonstrations to help burn off those Thanksgiving calories! Admission fee is a new or gently used coat, new hat, new gloves, or new socks to be donated to Choices for Women. Takes place in the Heritage/Limeberry Room. Registration runs November 1-26, and can be done at the Service Desk or online at www.ymcaharrison.org

ANNUAL HOT CHOCOLATE HUSTLE

December 3, 4:30 p.m.

Join us at the Pavilion at 4:30 p.m. for a FREE outdoor annual family event. This is a fun run/walk to the Christmas decorated Corydon square, and then you'll return back to the Y. Attendees will receive a free mug with a packet of hot chocolate (while supplies last). Be sure to wear your best ugly Christmas sweater for a chance to win a prize.