
















# Gallatin Valley YMCA GROUP EXERCISE SCHEDULE

## Group Exercise Room

*\*Please refer to Motionvibe for the most up to date information and to sign up for classes\**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>					
5:40a-6:20a <b>Total Body Conditioning</b> Danni	5:45- 6:30a <b>Cycle</b> Emma	5:40a-6:20a <b>Total Body Conditioning</b> Danni	5:40a-6:30a <b>Cycle</b> Emma		
				7:45a-8:30a <b>STRENGTH</b> Danni	
8:35a-9:35a  Holly S	8:30a-9:00a  Melissa	8:35a-9:35a  Amy	8:35a-9:35a  Rotating	8:30-9:30a  Melissa	8:35a-9:35a  Rotating
9:45a-10:15a  101 Rotating	9:35a-10:25a <b>Vinyasa Flow Yoga</b> Meg	9:45a-10:15a <b>Functional Mobility</b> Tasha		9:35a-10:35a <b>Vinyasa Flow Yoga</b> Meg	
10:30a-11:15a <b>Classic</b>  Tasha	10:30a-11:15a <b>Strength Circuit</b>  Nancy	10:30a-11:15a <b>Stability Circuit</b>  Tasha	10:30a-11:15a <b>Circuit Bootcamp 101</b>  Nancy	10:40a-11:40a <b>Gentle Yoga</b> Meg	

## Afternoon/Evening

5:30p- 6:00p  Melissa	5:30p-6:15p  Kathy	5:30p- 6:30p  <b>Burn + Bands</b> Melissa	5:30pm- 6:30pm  Melissa	
6:00p-6:45p <b>ZUMBA</b> Lynn  6:00p-7:00p <b>Vinyasa Flow</b> Meg <i>*Program Room 2*</i>	6:00pm- 7:00pm  Halley <i>*Program Room 2*</i>		6:30p-7:30p <b>Vinyasa Flow Yoga</b> Meg	<b>Don't forget to download our free app, Gallatin Valley MotionVibe, for the most up-to-date class schedules and substitutions</b>

## Class Descriptions:

**AMPD Burn** – A Hybrid workout class--combining barre/ballet-inspired moves with elements of strength training and creating a full-body workout.

**AMPD Build** – A pre-formatted class that focuses on interval and varied intensity training to burn calories, build muscle and improve cardiovascular endurance!

**AMPD Fusion // Burn + Bands:** Two workouts combining barre inspired movements with simple resistance band movements. This class will give you a fun and unique strength training experience that is choreographed to music incorporating resistance bands, kettlebells and dumbbells.

**AMPD Kettlebell** – This workout takes great music and combines it with basic kettlebell moves to create a fun, total body workout.

**Blast/Blast 101** – Athletic cardio training that uses The STEP in a wide variety of ways. This workout will improve your cardio fitness, agility, coordination, power, and strength.

**Circuit Bootcamp 101** – This circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball.

**Functional Mobility** – This class aims to enhance how your body moves, improve flexibility and functional movement without causing pain. It involves a series of dynamic stretches, self-myofascial release, and controlled movements focused on increasing the range of motion at different joints throughout the body.

**Gentle Yoga** - A combination of floor, mat, and chair yoga for all levels. Focusing on deep stretching, joint mobility, pranayama or yoga breathwork, and even incorporating the fingers and toes.

**Pound** – Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

**Power** – Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best using an adjustable barbell, weight plates and body weight.

**STRENGTH-** Full body strength class that utilizes barbells and weight room equipment.

**Silver Sneakers Classic** – This workout is designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support.

**Silver Sneakers Stability Circuit** – Stability is a circuit class designed to help you become stronger and improve balance. This class is designed for fall prevention and is suitable for nearly every fitness level. A chair may be used for balance and support.

**Total Body Conditioning** - A total body workout with a focus on cardio, flexibility and strength.

**Vinyasa Flow** – Vinyasa flow, also called "flow" because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga.

**Zumba-** Join us for Zumba, where fitness meets fun! This energizing dance workout feels more like a party than exercise, combining Latin rhythms with easy-to-follow moves.