



**Group X & Martial Arts**  
**Fayette County Family YMCA**  
 September 4th - October 28th

P.O. Box 1021  
 WASHINGTON COURT  
 HOUSE, OH 43160  
 (740) 335-0477

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8am</b>		<b>Bodyworks</b> Group-X Studio Eric G 8:50am - 9:50am		<b>Bodyworks</b> Group-X Studio Eric G 8:50am - 9:50am			
<b>9am</b>	<b>Dancing at the Y</b> Group-X Studio Sandy P 9:30am - 10:20am		<b>Silver TRX Class</b> Group-X Studio Bill C 9:30am - 10:20am		<b>Silver MSROM</b> Group-X Studio Sandy P 9:30am - 10:30am	<b>Hip Hop Fusion</b> Group-X Studio Nyleah T 9am - 9:50am	
	<b>Silver Splash &amp; 2 Lap Lanes</b> Pool Kalyn A 9:30am - 10:20am		<b>Silver Splash &amp; 2 Lap Lanes</b> Pool Kalyn A 9:30am - 10:20am		<b>Silver Splash &amp; 2 Lap Lanes</b> Pool Kalyn A 9:30am - 10:20am	<b>Adult Caveman</b> Gym Doug Saunders 9am - 9:50am	
<b>10am</b>	<b>Silver MSROM</b> Group-X Studio Sandy P 10:30am - 11:20am	<b>Active YOGA</b> Group-X Studio Valerie L 10am - 10:50am	<b>Silver MSROM</b> Group-X Studio Cindy P 10:30am - 11:20am	<b>Active YOGA</b> Group-X Studio Valerie L 10am - 10:50am	<b>Dancing at the Y</b> Group-X Studio Sandy P 10:30am - 11:30am		
		<b>Y-Aquafit</b> Pool TBA_ 10:15am - 11:05am					
<b>3pm</b>							<b>Y-Cycle</b> Cycling Studio Rod L 3pm - 3:50pm
<b>5pm</b>	<b>TRX+</b> Group-X Studio Danielle H 5pm - 5:30pm	<b>Ball Blast</b> Group-X Studio Sommer M 5pm - 5:50pm	<b>Y-Cycle: Spin Cycle</b> Cycling Studio Sommer M 5:30pm - 6pm	<b>Fall Back Into Fitness</b> Group-X Studio Sommer M 5pm - 5:50pm			
	<b>Y-Cycle: Spin Cycle</b> Group-X Studio Danielle H 5:30pm - 6pm			<b>Sunz Out Gunz Out</b> Gym Mathew M 5:25pm - 5:55pm			
<b>6pm</b>	<b>Legzzz for Dayzzz</b> Group-X Studio Sommer M 6pm - 6:50pm	<b>Blitzkrieg Bootcamp</b> Group-X Studio Sommer M 6pm - 6:30pm	<b>Legzzz for Dayzzz</b> Group-X Studio Sommer M 6pm - 6:50pm	<b>MET-CON</b> Gym Mathew M 6pm - 6:50pm			
		<b>Mommy and Me</b> Gym Shaileigh A 6pm - 6:50pm	<b>Hardcore Hallway</b> Gym Chris R 6:30pm - 7:30pm	<b>Kinder Karate</b> Group-X Studio Sherri S 6pm - 6:30pm			
				<b>Y-Walking Club</b> Indoor Track Kim M 6:30pm - 7:20pm			
				<b>Beginning Karate</b> Group-X Studio Sherri S 6:40pm - 7:45pm			
<b>7pm</b>	"Starting September 18th <b>YOGA</b> Group-X Studio Maggie L 7pm - 7:50pm	<b>Core Blaster</b> Group-X Studio Mathew M 7pm - 7:45pm		<b>Intermediate/Advanced Karate</b> Group-X Studio Sherri S 7:50pm - 9pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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## Class Descriptions Fayette County Family YMCA

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**Active YOGA** - Active Yoga is yoga for the traditional fitness enthusiast. It is an hour-long class that can be best described as strength, flexibility, with a dash of relaxation.

**Adult Caveman** - A multiple station circuit class using non-traditional implements to produce increased cardiovascular endurance, strength, increased muscular endurance and burn substantial calorie all in one class. 14 years of age or older.

**Ball Blast** - Ball Blast: Fun and energetic strengthening class, using the exercise ball to tighten and tone you head to toe. You will feel the benefits of this class as well as see a toned physique, like no other class!

**Beginning Karate** - Ages 8+, including adults. This is a high energy class. Sparring will take place, however, students are not required to spar if they are not comfortable.

**Blitzkrieg Bootcamp** - 30 minute, lightening fast full-body circuit class for individuals who want a quick and dirty head to toe workout. All fitness levels welcome, scalable exercises will be offered.

**Bodyworks** - Bodyworks class uses passive exercises that promotes the body's return to proper function and the alleviation of pain. Class uses Egosone method, foam rolling and active isolated stretching.

**Core Blaster** - Abdominal and lower back focused class that will use basic and well known core workouts for strengthening and firming the core for a solid abdominal foundation.

**Dancing at the Y** - A fun and energized dance workout to music from oldies to today's best tunes. All participants welcome.

**Fall Back Into Fitness** - A fast moving, upbeat class infused with Pilates, cardio and lots of core work. Participants will build strength, increase flexibility, and whole body endurance.

**Hardcore Hallway** - An old school & new school resistance, cardio & calisthenics training routine. It incorporates power moves, strength & coordination that test & push the individual to a super humanism state. For advanced, intermediate exercisers & beginners.

**Hip Hop Fusion** - An intense cardiovascular, fast paced, Hip Hop dance sets. Ideal for members looking to lose weight, tone muscles, & or increase stamina, all while indulging in a fun-filled dance activity that avoids the monotony of traditional cardio training.

**Intermediate/Advanced Karate** - Ages 8+, including adults. This is a high energy class. Sparring will take place, however, students are not required to spar if they are not comfortable. Students in the Advanced class are expected to attend the Beginner class as well.

**Kinder Karate** - Karate Class for ages 6-8. Beginner techniques with karate oriented games and belt ranks awarded when appropriate. Parents must stay in the classroom.

**Legzzz for Dayzzz** - Glute, hamstrings, and quadriceps focused class. It includes plyometrics, cardio conditioning, and strength building. This is for all fitness levels. This class is ideal for anyone looking to build muscle, get leaner, and build stamina.

**MET-CON** - Turn on your metabolism with Met-Con. Met-Con (aka Metabolic Conditioning) will use high-intensity training, vigorous high-intensity circuitry-type workouts that will often involve challenging total-body compound exercises.

**Mommy and Me** - A gymnastics/fitness class for crawlers and young children with parent interaction.

**Silver MSROM** - Silver Sneakers Muscle Strength and Range of Motion Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement.

**Silver Splash & 2 Lap Lanes** - Lots of fun shallow water moves to improve agility, flexibility and cardiovascular endurance.

**Silver TRX Class** - A specially adapted TRX class for the wants and needs of our senior population. A combination of resistance training, cardio and stretching.

**Sunz Out Gunz Out** - Chest & Tri's, Back & Bi's focused class. This class will give you a full upper body workout utilizing resistance bands, dumbbells, & barbells aimed at increasing muscle definition. All fitness levels welcome, scalable exercises will be offered.

**TRX+** - Pair this 30 minute class with the 30 minute Y-Cycle class immediately following for a great workout. Born as a Navy Seal workout, suspension training uses your own body weight for an effective total body workout with hundreds of exercises

**Y-Aquafit** - An active class working on joint movements & balance with slow and steady movements promoting flexibility & coordination.

**Y-Cycle** - Indoor group cycling for Beginner/Intermediate/Advanced. A group exercise class that features an energetic instructor-led cycling class designed to challenge you with a cardio workout.

**Y-Cycle: Spin Cycle** - Power through a 30 minute high intensity interval workout with high resistance, sprints, hill jumps and climbs while listening to fast and upbeat music. All fitness levels welcome; scalable program for all fitness levels.

**Y-Walking Club** - A class to improve health, flexibility and encourage a healthy lifestyle through walking.

**YOGA** - For those looking for a gentle class to reduce tension. This class promotes balance, flexibility, and stress reduction.



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