



GROUP EXERCISE SCHEDULE

Twin Pike Family YMCA

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30 am Morning Aerobics Tina		5:30-6:30 am Les Mills BODYPUMP [®] Josh	6:30 am Running Club \$20 one time fee	
8:00-9:00 am Active Older Adults Tonya		8:00-9:00 am Active Older Adults Tonya	8:30-9:30 am Pilates Amie		
9:00-10:00 am Yoga Margart					9:00-10:00 am Yoga Margart
PM Classes					
5:00-6:00 pm Les Mills BODYPUMP [®] Josh					
6:00-7:00 pm Spinning [®] Becky		6:00-7:00 pm Yoga Pingping	6:00-7:00 pm Spinning [®] Becky		
6:00-7:00 pm Pilates Amie					

Twin Pike Family YMCA
 614 Kelly Lane, Louisiana, MO 63353
 573.754.4497
 twinpikefamilyymca.org

Facility Hours:
 Monday-Friday | 5:30am-8:00pm
 Saturday | 8:00am-5:00pm
 Sunday | 1:00pm-5:00pm



Class Description

Active Older Adults– low impact aerobics, flexing and stretching, including some floor exercises.

Les Mills BODYPUMP– Great bodies aren't born they are transformed! BODYPUMP is one of the fastest ways to get in shape as it challenges all of your major muscle groups. Spend one hour performing 800 repetitions and burning 500 calories. This class will change you.

Morning Aerobics– combines rhythmic aerobic exercise, stretching, and strength training to improve all aspects of fitness

Pilates– mind–body exercise system that combines precise movements, controlled breathing, and muscle engagement to improve strength, flexibility, balance, and posture

Spin– provides a fun and challenging cardiovascular workout for all fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction.

Yoga– Relax your spirit, mind and body. Designed to increase flexibility by lengthen muscles and restore a positive mind/body balance. Reduces stress with less muscle tensio

Fitness Class

Policies & Etiquette

- Wear appropriate exercise attire (shorts & t-shirts) and supportive exercise shoes when necessary.
- Refrain from “doing your own thing”. Follow instruction by the fitness instructor to ensure a safe class. If you need to modify your runtime for a specific reason notify the instructor before class.
- Be on time. We request that you not leave the class before it is dismissed so you are assured a proper cooldown and stretch
- Wipe down and return all equipment to its proper place.

For the month of October, we will be accepting donations for Breast Cancer Awareness Month.

Please donate online or in person.

All Proceeds will go to Hannibal Regional

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