

Group Exercise November

MONDAY

- 8:00-9:00 am - Active Older Adults - Tonya S.
- 8:30-9:30 am - Tone & Tide - Mary A.
- 9:00-10:00 am - Yoga - Margart O.
- 5:00-6:00 pm - BODYPUMP(R) - Josh C.
- 6:00-7:00 pm - SPINNING® - Becky G.

TUESDAY

- 8:30-9:30 am - Deep Water Running - Cathy T.
- 5:00-6:00 pm - Aqua Blast - Mary S.
- 5:30-7:15 pm - Karate - Must Register Monthly

WEDNESDAY

- 8:00-9:00 am - Active Older Adults - Tonya S.
- 8:30-9:30 am - Tone & Tide - Mary A.

THURSDAY

- 5:30-6:15 am - BODYPUMP® - Josh C.
- 8:30-9:30 am - Deep Water Running - Cathy T.
- 5:30-7:15 pm - Karate - Must Register Monthly
- 5:00-6:00 pm - Aqua Blast - Mary S.
- 6:00-7:00 pm - Yoga - Pingping W.
- 6:00-7:00 pm - SPINNING® - Becky G.

FRIDAY

- 5:30-6:00 am - HIIT - Josh C.
- 8:30-9:30 am - Tone & Tide - Mary A.

SATURDAY

- 9:00-10:00 am - Yoga - Margart O.

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 Descriptions



AOA (Active Older Adults) - This class includes low impact aerobics, flexing and stretching, including some floor exercises.

Cardio Mayhem - Improve your cardiovascular system by attending a variety of classes that are fun, motivating, and will achieve optimum cardio endurance.

Cardio Deep Water Running - Water belts are worn, so you don't have to be a swimmer. Your head and face are out of the water. At times water dumbbells will be used. At times interval and HITT will be performed. Any level can participate because everyone can go at their own pace. Great fun, challenging, and energizing. So great for your joints and muscles.

Fitness Foundations - Works all major muscle groups, focusing on stretching and strengthening. All exercises are done in a sitting or standing position.

HITT - 30 minute high intensity interval training with a variety of exercises each week designed to increase your speed, Strength, & Athletic abilities. perfect for people of all fitness backgrounds

Karate - Our Karate program is led by experienced instructors for all ages and skill levels. Beginner class (5:30-6:15pm)
Intermediate/Advanced (6:15-7:15pm).

Les Mills BODYPUMP® - Great bodies aren't born they are transformed! BODYPUMP® is one of the world's 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.

SPINNING® - 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.

STRONG® - Combines body weight, muscle conditioning, and plyometric training moves synced to music specifically designed to match the moves.

Track Attack - This circuit style class combines running or walking on the track with bodyweight exercises. Included in the rotation of Cardio Blitz.

Water Aerobics - Water fitness class for strengthening, toning and stretching. You will use the kickboard, noodle, & dumbbells. Set to a variety of motivating music from oldies to today's hits. Great workout for all fitness levels.

Yoga - Relax your spirit, mind, and body. This class is designed to increase flexibility by lengthening muscles and restore a positive mind/body balance. Reduce stress with less muscle tension.

Zumba® - Fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away