



Group Exercise Broadmoor YMCA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Spin Kristi G.		Spin Tina		Spin Kristi G.		
6:15 AM		Yoga Candace		Yoga Francine			
8:00 AM	Spin Lindy	Spin 101 Margaret *Water Aerobics Jane	Spin Karen	Spin 101 Margaret *Water Aerobics Jane	Spin Melissa		
8:15 AM	Ballet Booty Liz	Power Sculpt Steph	Cardio Slam Liz	RIP Tina	Cardio Slam Misty	Ballet Booty Francine	
8:30 AM						Spin Rotation	
9:15 AM	Staying Fit Misty	Pilates Renee	Staying Fit Sharon	Pilates Renee	Staying Fit Melissa	Pilates Sheri	
10:15 AM	Yoga Margaret	Hooping Laurel	Yoga Margaret	Piyo Misty	Yoga Mary	Zumba Amy	
11:15 AM	Tai Chi Barry	Gentle Movement Lori	Tai Chi Barry	Gentle Movement Lori			
12:00 PM		Spin Sandy		Spin Melissa			
12:15 PM			Stretch and Roll Lisa (Please bring your own foam roller)				
3:00 PM							Yoga Rotation
4:15 PM	Spin Melissa	Ballet Booty Lisa	Spin Sandy	Ballet Booty Francine	Spin Charlotte		
5:15 PM	Pilates Sheri	Power Sculpt Suzan	Pilates Sheri	Power Sculpt Melissa			
5:30 PM			Mommy and Me Yoga Stefanie *Trainer Room				
6:00 PM	Zumba Rotation	Yoga Francine	Abs and H.I.I.T Sarah	Yoga Amanda/ Sheila			
6:00 PM	Spin Suzan	Spin Sandy		Spin Jamie			

Class Descriptions

Ballet Booty	Ballet Booty is a total body workout that uses ballet moves, pilates, core exercises, and light weights for a total body workout. It's set to great music and is performed at a speed to maximize calorie burn.
Cardio Slam	Cardio Slam utilizes a variety of cardio styles including step, kickboxing, agility drills and more! It's never the same twice.
CrossFit	CrossFit workouts use constantly varied functional movements performed at relatively high intensities. It is also the community that spontaneously arises when people do these workouts together, making community a key component of why it's so effective. CrossFit is for all levels of fitness, whether you're new, or have been exercising your whole life!
Boot Camp	An athletic workout using military-based skills to get you in maximum shape.
Gentle Movement	This class is perfect for those with mobility or activity limitations. Movements are chair-based, but can be performed off the chair as well.
H.I.I.T	High intensity interval training is a high impact cardio class for your total body.
Hooping	Channel your inner child with the low impact cardiovascular and strength workout.
Mommy and Me Yoga	A fun, creative yoga class for parents and children ages two months to two years.
On-Ramp	If you're new to CrossFit or Olympic-style lifting, you must attend and complete four CrossFit Onramp sessions prior to attending our regularly scheduled classes. During these sessions, we will teach you the fundamental movements and lifting techniques utilized in CrossFit.
Pilates	This mat-based class will improve muscular strength, endurance, flexibility, and overall joint mobility. These exercises also help to reduce stress.
PIYO	Strong, dynamic and fluid movements provide for an athletic workout. Yoga and pilates are "fused" together at a fast pace for ultimate calorie burn.
Pound	A full-body cardio and strength workout that combines light resistance with simulated drumming.
RIP	RIP is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and bodyweight.
Spin	Jump on a bike and ride to fantastic music in this cardio class. Spin 101 provides a slower-paced class.
Staying Fit	A low impact aerobics and strength class for beginner and intermediate level exercisers. Muscle conditioning, flexibility and balancing segments help to improve overall fitness.
Power Sculpt	Muscle strength and endurance are the goals of this class. Show up ready to sweat and pump some iron.
Stretch and Roll	The focus is on stretching and foam rolling in order to prevent injuries and maximize muscle performance.
Yoga	This workout helps to improve balance, strength and flexibility while relieving stress.
Youth Exercise Training	Cardio and strength training for middle school and high school age kids.
Zumba	Great music and great choreography equal a great workout! Come join the party!