



Group Exercise Downtown YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	CrossFit John	CrossFit Lori	CrossFit John Yoga Mary	CrossFit Lori	CrossFit Lori Yoga Candace/Kelsie		
8:30 AM	Water Aerobics Mary/Bob		Water Aerobics Bob		Water Aerobics Mary	Weightlifting (Adult; 9:00AM) Aaron	
9:30 AM	Gray Panthers Bob		Gray Panthers Bob		Gray Panthers Sharon		
10:00 AM						CrossFit Rotation	
11:00 AM	CrossFit Amy/Cody CrossFit Kids Amy/Cody	CrossFit Amy	CrossFit Amy/Cody CrossFit Kids Amy/Cody	CrossFit Amy	CrossFit Amy/Cody CrossFit Kids Amy/Cody	CrossFit Rotation	
12:00 PM	CrossFit Nora	Pilates Jane	CrossFit Nora	Yoga-Lates Debra	CrossFit Nora		
	Spin David	Boot Camp Kristi	Spin Misty	Boot Camp Nora	Spin Rotation		
	Sculpt Mary		Sculpt Mary		Sculpt Melissa		
	Yoga Debra		Yoga Francine		Restorative Yoga Mary		
2:00 PM							
4:30 PM	CrossFit Amy	CrossFit Cody	CrossFit Amy	CrossFit Cody	CrossFit Lori		
5:30 PM	CrossFit Lori Boxing Bailey	CrossFit Cody Spin Katie TBF Sharon	CrossFit Amy Boxing Bailey	CrossFit Cody TBF Sharon	CrossFit Lori		
6:30 PM	Progression Lori	Youth Olympic Lifting John/Cody	Weightlifting (Adult) Aaron	Youth Olympic Lifting John/Cody			

New to CrossFit? Contact Ryan Watson to set up an On-Ramp time! RyanW@ymcanwla.org

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.
Hooping	Channel your inner child with this low impact cardio and strength class.
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.
H.I.I.T	High intensity interval training is a high impact cardio class that works the entire body.
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.
TBF	Total Body Fit is a total body strength and cardio workout. Think floor aerobics, interval training, HIIT training, Tabata, and boot camp, using body weight, steps, kettle bells, bands, free weights, but modified for all fitness levels.
Power Sculpt	Muscle strength and endurance are the goals of this class. Show up ready to sweat and pump some iron.
Progression	Progression is a class to help with your weaknesses in a CrossFit class. Some of the things covered in class are Muscle Ups, Double Unders, Pull Ups, Olympic lifts, etc.
Yoga	This workout helps to improve balance, strength and flexibility while relieving stress.
Zumba	Great music and great choreography equal a great workout! Come join the party!