

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Group Cycling 6:00am – 6:45am Performance Room		Group Cycling 6:00am – 6:45am Performance Room	
	SilverSneakers 8:00am-8:45am & 10:15am-11:00am Gym	Yoga  9:00am – 10:00am  Gym	SilverSneakers 8:00am-8:45am & 10:15am-11:00am Gym	Yoga  9:00am – 10:00am  Gym	SilverSneakers  10:15am-11:00am Gym	Cardio Drills 8:30am 9:45am Gym
	Total Body Strength 9am-10am Performance Room	Chair Yoga 10:30am-11:30am Studio	Total Body Strength 9am-10am Performance Room	Chair Yoga 10:30am-11:30am Studio	Total Body Strength 9am-10am Performance Room	Barre 9:00am-10:00am Studio
	Enhance Fitness 11:15am – 12:15pm Gym	Family Zumba 4:30pm – 5:30pm Gym	Enhance Fitness 11:15am - 12:15am Gym		Enhance Fitness 9:00am - 10:00am Gym	Zumba & Abs 10:00am-11:00am Gym
	Yoga with Weights 4:30pm-5:30pm Studio	Barre 5:30pm-6:30pm Studio	Yoga Fusion 4:30pm-5:30pm Studio	Barre 5:30pm-6:30pm Studio		
	Power Pump 5:30pm -6:30pm Gym	Step Sculpt & Abs 5:30pm – 6:30pm Gym	BLEND 5:30- 6:30pm Gym	Family Zumba 5:30pm- 6:30pm Gym		
BLEND 2pm-3pm Gym	BLEND 6:30- 7:30pm Gym	POUND 6:30pm – 7:30pm Gym		POUND 6:30pm – 7:30pm Gym		
	Aquacise 10am-11am 1pm-2pm 6:45pm-7:45pm	Aquacise 10am-11am 1pm-2pm	Aquacise 10am-11am 1pm-2pm 6:45pm-7:45pm	Aquacise 10am-11am 1pm-2pm		

Rose Color=Gym    Blue=Studio Room    Yellow=Pool    Green=Performance Room

Open Pool Hours  
 Mon & Wed: 6:30-10am  
 11am-1pm; 4 -7pm  
 Tues & Thurs: 6:30-10am  
 11am-1pm; 4 - 8pm  
 Fri: 6:30am–1pm  
 4-7pm  
 Sat: 7:30am–4pm  
 Sun: 1-4pm



**Owensboro Family YMCA Hours**

Monday – Friday: 5am-9pm

Saturday: 7am-6pm

Sunday: 1pm-6pm

Registration Hours  
 Mon-Fri: 3-6pm  
 Sat: 9am-12pm  
Wee Care Hours  
 Mon-Thurs:  
 9:00-11:00am and  
 3:30-6:30pm  
 Fri:  
 9:00-11:00am

*24-hour wellness access is available for those members with fobs.*

900 Kentucky Parkway, Owensboro, KY 42301 270-926-9622 [www.owensboroymca.org](http://www.owensboroymca.org)  
 Questions about classes...contact Director of Wellness, Josh Booker: [joshbooker@owensboroymca.org](mailto:joshbooker@owensboroymca.org)

## Owensboro Family YMCA Group Class Descriptions

**SilverSneakers** is designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support. Class can be modified depending on fitness levels.

**Total Body Strength** involves resistance training with free weights such as barbells/dumbbells, body weight exercises, and high intensity cardio designed to tone your body and improve your endurance.

**Barre** is a full body muscle endurance, low impact, high intensity workout designed to strengthen your body in ways few workouts can. Barre blends elements of ballet, Pilates, and yoga.

**Yoga** will create strength, flexibility, and balance while connecting the mind, body and spirit in this all-levels yoga class.

**Yoga with Weights** is muscle conditioning using added resistance in the form of hand weights in combination with traditional yoga postures.

**Yoga Fusion** is combination of basic yoga with popular postures; fusing them together to utilize more muscles and burn more calories than yoga alone.

**Chair Yoga** is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration, and strength, while boosting your mood, and reducing stress and joint strain.

**Enhance Fitness** is a physical activity program for adults that are designed to improve functional fitness and well-being. Functional fitness means keeping strong, balanced, and flexible to retain the ability to do the daily activities of life that you normally would do.

**Zumba & Abs** is pretty much the most awesome workout ever. Dance and shake to great music, with great people, and burn a ton of calories without even realizing it. Finish strong with a core specific floor workout.

**Family Zumba** class is good for beginners because it emphasizes moving to the music and having fun regardless of your fitness level.

**Power Pump** is a resistance training class using various techniques and equipment like dumbbells, bars, and bands. Focusing on all fitness levels with a mix of music everyone will enjoy and some laughs as well.

**Step Sculpt & Abs** is the class where you spend approximately 35 minutes per class on the cardio portion using the step where numerous step combinations are used to get your heart rate up. Then you will spend 10 minutes doing arm and leg exercises using hand weights or bands. The final 10 minutes will be dedicated to ab exercises and stretching.

**Cardio Drills** is a cardiovascular workout on the floor or bench. Low to high impact options are given. You will alternate upper and lower body strength training. Abdominal exercises and stretches are included.

**Aquacise** is a slow to medium paced water aerobics class designed to enhance mobility and flexibility. Classes run year around and are open to men and women of all fitness levels.

**POUND** is a full body, sweat dripping rock out jam session that turns workouts into fitness concerts. It fuses cardio, interval training, Yoga, & Pilates. Designed for all ages & fitness levels.

**BLEND** is a high energy dance class. We sing, we shout, we encourage one another, and we Praise the Lord while moving all that He gave us!

**Group Cycling** is a high-intensity group exercise class on a stationary bike, which allows you to increase or decrease pedal resistance. Group Cycling is great for calorie burning, building muscle tone, and it is low impact.