

2023 FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Group Cycling 6-6:45am Perform Room		Group Cycling 6-6:45am Perform Room	
	SilverSneakers * 8-8:45am Gym	Yoga 9-10am Gym	SilverSneakers * 8-8:45am Gym	Yoga 9-10am Gym		Cardio Drills 8:30-9:45am Gym
				HIIT 9:15-10:15am Perform Room		Barre 9-10am Down Studio
	Senior Fitness * 9-10am Gym		Senior Fitness * 9-10am Gym		Senior Fitness * 9-10am Gym	
	Aquacise 10-11am Pool	Aquacise 10-11am Pool	Aquacise 10-11am Pool	Aquacise 10-11am Pool		
	SilverSneakers * 10:15-11am Gym	Chair Yoga * 10:30-11:30am Down Studio	SilverSneakers * 10:15-11am Gym	Chair Yoga * 10:30-11:30am Down Studio	SilverSneakers * 10:15-11am Gym	Zumba & Abs 10-11am Up Studio
	Aquacise 1-2pm Pool	Aquacise 1-2pm Pool	Aquacise 1-2pm Pool	Aquacise 1-2pm Pool		
		Family Zumba 4:30-5:30pm Up Studio		Family Zumba 4:30-5:30pm Up Studio		
		Barre 5:30-6:30pm Down Studio	Yoga 5-6pm Down Studio	Barre 5:30-6:30pm Down Studio		
	Power Pump 5:30-6:30pm Up Studio	Step Sculpt & Abs 5:30-6:30pm Up Studio	BLEND 5:30-6:30pm Up Studio	POUND 5:30-6:30pm Up Studio		
BLEND 2-3pm Up Studio	BLEND 6:30-7:30pm Up Studio		TABATA 6:30-7:30pm Up Studio			
	Aquacise 6:45-7:45pm Pool		Aquacise 6:45-7:45pm Pool			

Rose Color=Gym Purple=Downstair Studio Room Blue=Pool Green=Performance Room Orange=Upstairs Studio Room
 *=Low Intensity All others can be modified intensity to suit your needs

Class Descriptions on back

Owensboro Family YMCA Hours

Open Pool Hours
 Mon-Thu:
 6:30-10am
 11am-1pm
 Mon & Wed: 4-7pm
 Tue & Thu: 4-8pm
 Fri: 6:30am-1pm, 4-7pm
 Sat: 7:30am-4pm
 Sun: 1-4pm



Monday-Friday: 5am-9pm
 Saturday: 7am-6pm
 Sunday: 1pm-6pm

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

*24-hour wellness access is available for those members with fobs.
 Open gym hours fluctuate based on classes and events.*

2023 FITNESS CLASS DESCRIPTIONS

Aquacise Low to medium paced water aerobics class designed to improve mobility, flexibility, balance, strength, and endurance. The class is for men and women of any age and fitness level. Work out at your own level (low to high impact options available) without stress on the body and joints. Classes run year-round.

Barre Blends elements of ballet, Pilates, and yoga to create a full body low impact, high intensity, muscle endurance workout designed to strengthen your body.

BLEND (*Balance-Life-Energy-aNd-Dance*) 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!

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

Chair Yoga 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.

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

Group Cycling High-intensity and great for calorie burning, building muscle tone. Low impact on a stationary bike which allows you to increase or decrease pedal resistance.

HIIT 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.

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

Power Pump 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.

Senior Fitness 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 life's daily activities.

SilverSneakers 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.

Step Sculpt & Abs Combination of cardio using numerous step combinations, arm and leg exercises using hand weights or bands, and dedicated ab exercises and stretching.

Tabata Tabata training is a program that has been scientifically proven to help increase endurance and performance for your aerobic (cardiovascular) and anaerobic (muscular) systems. Tabata is a highly efficient method to achieve maximum results by helping you burn fat and build muscles.

Yoga (evening) In this class, postures are practiced to align, strengthen and promote endurance, and flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement. Class concludes with Restorative Yoga postures, which settle the body of calmness, and well-being. All levels- BEGINNERS WELCOME!

Yoga (morning) Create strength, flexibility, and balance while connecting the body, mind, and spirit in this all-levels class.

Zumba & Abs Dance and shake to music to burn a ton of calories and finish strong with a core specific floor workout.