

GROUP EXERCISE PAYMENT OPTIONS FOR MEMBERS

OPTION 1: (for Y Members only)

Purchase a Monthly Unlimited Pass for \$20 per person. Each monthly card expires on the last day of that month.

OPTION 2: (for Y Members and Non-Members)

Purchase a 12-class Group Ex Flex Card that can be used for any land class and does not expire. Group Ex Flex Card cost for member is \$39, non-member cost is \$78.

OPTION 3: (for Y Members and Non-members)

Purchase a drop-in pass to attend one class at a time. Drop-in pass cost for a member is \$3.25, non-member cost is \$6.50.



FINANCIAL ASSISTANCE

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. With funds raised through the Annual Campaign, The Y is able to offer financial assistance to all qualified applicants, whether through membership or a program. Stop at Member Services to pick up an application or visit us online www.mfldymca.org.

CONTACT

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Marshfield Clinic
HEALTH SYSTEM



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FOR HEALTHY LIVING
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HELPING YOU LIVE BETTER

HEALTH, WELL-BEING & FITNESS



MARSHFIELD CLINIC HEALTH SYSTEM YMCA

GROUP EXERCISE CLASSES
April 2018

GROUP EXERCISE

At the Y, we offer group exercise classes for all ages, all levels and all interests. From low impact exercise to high intensity interval training classes, stretching and strength training, to indoor cycling and yoga, you'll find a group class that's fun, supportive and keeps you moving. This brochure includes a detailed listing of our current offerings.

STRENGTH TRAINING

AB BLAST

This 30-minute class features controlled abdominal exercises designed to create and define a strong core within you.

BODY SCULPTING

Strengthen major and minor muscle groups using a variety of equipment along with stabilization and body weight exercise.

BOOTCAMP BASICS

Great for all fitness levels, Bootcamp Basics offers step-by-step instruction and uses a wide variety of exercises and equipment to keep you on your toes.

CIRCUIT TRAINING

This fast moving class uses timed workout stations with varying equipment and exercises to improve overall strength and cardio endurance.

STRENGTH & STRETCH

This is a full body strength, core conditioning, and stretching class that will target every muscle while emphasizing proper posture and alignment.

SUSPENSION STRAP INTERVALS

Build total body strength, balance, and endurance with timed intervals using suspension straps along with other strength training equipment.

TALK N' TONE

Combine lively conversation with weight training to shape, tone, and strengthen your muscular system.



AEROBICS & CROSS TRAINING

20/20/20

This class includes 20 minutes of each: aerobic, strength, and core training – using a variety of equipment.

30/30

A low impact workout with options for added intensity for 30 minutes, followed by toning and stretching for 30 minutes.

3,2,1 FITNESS BLEND

This class will use repeating timed intervals: 3 minutes of cardio, 2 minutes of strength, and 1 minute of core.

BOXING INTERVALS

A fun circuit style class that includes basic boxing techniques using a standing bag along with a variety of strength and cardio exercises/equipment. A perfect head to toe workout.

CARDIO CONDITIONING

A variety workout that always includes both strength and endurance. Great for individuals new to group exercise.

CARDIO DANCE

Have a blast while blasting calories in this energizing dance class. Easy to learn choreography will vary with each upbeat song. Light weights will also be used for toning.

CLASSIC STEP & SCULPT

Improve cardio, strength and coordination, with intermediate step combinations along with upper and lower body toning.

CROSS FITNESS CAMP

This full body workout is a little bit of endurance, strength, power, agility, balance and flexibility.

CYCLING

Basic cycling techniques (uphill climbs, jumps, sprints, and flats) are used for a lower body and cardio workout.

ENERGIZING INTERVALS

Alternate high and low intensity cardio and strength training exercises. A new workout with varying equipment every week.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

A great aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

ZUMBA

Zumba fuses Latin music and dance with aerobic fitness training along with light toning.

YOGA & PILATES

CARDIO PILATES

An upbeat class with a strong emphasis on fat-burning cardio and rhythmic Pilates, using full body movement that will also emphasize core strength, posture and balance.

CHAIR CHI

Learn how to build energy in the body through a variety of exercises and movement, and calm the mind with breath work. This easy-to-follow class has many benefits including an increase in strength, flexibility, balance and coordination.

CHAIR YOGA

Enjoy all the benefits of a flowing yoga class such as mindfulness and flexibility in this gentle style of yoga that is done using a chair and other props. This class does not go down to the mat.

POWER YOGA

This class is designed for those with yoga experience and will include an active, fitness-based approach using fluid movement and held poses.

YOGA BOOTCAMP

Warm up with fluid yoga before moving to an intense series of yoga intervals designed to build strength and stamina.

YOGA / GENTLE YOGA

Learn the basics of yoga in this relaxed and nurturing yoga class. Engage your mind and body as you learn about pranayama (breathing practices), basic yoga postures for strength and balance, and restorative postures for gentle stretching and flexibility. Props such as blocks, chairs, and straps will be used in this mat based beginning class.

YOGA FLOW

This mixed level yoga class is for individuals who are able to handle fundamental poses with strength and confidence. Held poses, flow, and balance will be integrated in order to maximize both strength and flexibility.

YOGA WITH WEIGHTS

Take your yoga class up a notch by combining traditional yoga postures with light dumbbell exercises.

A GROUP EXERCISE SCHEDULE WITH DAYS AND TIMES OF CLASSES IS AVAILABLE AT MEMBER SERVICES OR ONLINE AT MFLDYMCA.ORG