

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 to 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 by Member Services to pick up an application or visit us online www.mfldymca.org.

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HEALTH, WELL-BEING & FITNESS



MARSHFIELD CLINIC HEALTH SYSTEM YMCA

GROUP EXERCISE CLASSES
August 2017

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.

BALLET TONING

A mix of Ballet and Pilates in a flowing workout that will help improve strength, posture, and flexibility.

BODY SCULPTING

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

BOSU BALL TRAINING

This challenging and creative class will emphasize core, strength, and balance while using a Bosu.

MUSCLE FUSION

Double your calorie burn, shred fat and define your fabulous muscles. This weight training class utilizes rhythmic weight training, cardio intervals, and core training based on the principles of Pilates.

STRENGTH INTERVALS

Firm up and burn calories with dynamic weight training using equipment and body weight exercises. A total body workout in 45 minutes.

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 flexibility training - using a variety of equipment.

30/30

A low impact workout with options for added intensity for 30 minutes, followed by total body 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.

BOLLYWOOD ZUMBA

Burn major calories and improve your overall fitness with this fun mix of traditional Zumba and Indian-inspired dance and music.

BOOTCAMP & BOXING

Build strength and endurance in this combination class of traditional boxing and total body toning.

CARDIO CONDITIONING

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

CYCLING / CYCLE & PUMP

Cycling techniques (uphill climbs, jumps, sprints, and flats) are used for lower body and cardio workout. Cycle & Pump includes 30 minutes of cycling and 30 minutes of strength training off the bike.

ENERGIZING INTERVALS

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

FAMILY BOOTCAMP

A fun circuit style class with a kid-friendly mix of basic cardio including agility and balance.

GYM INTERVALS

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

BOXING INTERVALS

Improve your cardio output, your core/functional strength, and relieve stress with basic boxing techniques using a standing bag along with traditional strength exercises.

RIPPED

This total body, high intensity class utilizes resistance training, power/plyometrics, endurance, and agility exercises.

CLASSIC STEP & SCULPT

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

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.

PILATES EXPRESS

Learn the "core" of Pilates which is the development of core strength, flexibility and body awareness through fluid, concentrated and graceful movement.

YOGA/GENTLE YOGA

Practice pranayama (breathing practices) basic yoga postures for strength and balance, as well as flow and restorative yoga. Props such as blocks and straps will be used.

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 as a prop. This class does not go down to the mat.

OUTDOOR YOGA (at Hamus Nature Preserve)

Take your yoga practice outdoors and bring awareness to yourself and to the beauty of nature. Bring a yoga mat and towel and join us for yoga at the Hamus Nature Preserve. Rain out location: YMCA

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 BOOTCAMP

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

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