

## 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](http://www.mfldymca.org).

## CONTACT

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## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

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TOGETHER ENRICHING LIVES



Marshfield Clinic  
HEALTH SYSTEM



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

## HEALTH, WELL-BEING & FITNESS



## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

**GROUP EXERCISE CLASSES**  
**August 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

### STABILITY BALL TONING

A total body toning workout that will emphasize core strength, balance, and coordination while using a stability ball.

### STRENGTH TRAINING (formerly Body Sculpting)

Optimize your workout efforts with this highly focused strength training class that will help you increase your muscular strength and endurance; and will leave you feeling more conditioned and toned.

### 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.

### WEDNESDAY SAMPLER

Re-energize after a long workday with this upbeat variety class. Each week will offer a new and challenging total body workout such as strength intervals, boxing, and Barre.



## 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.

### BOSU BALL INTERVALS

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

### BOXING INTERVALS

This high intensity class includes basic boxing techniques (jabs and kicks) using a standing bag along with a variety of strength and cardio exercises/equipment.

### CARDIO CONDITIONING

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

### 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.

### ESSENTIAL PILATES

Learn and practice the basics of Pilates which will help you strengthen the core, increase flexibility and improve posture.

### 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 TONING

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**