

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.

CONTACT

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HEALTH, WELL-BEING & FITNESS



MARSHFIELD CLINIC HEALTH SYSTEM YMCA

GROUP EXERCISE CLASSES December 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.

BODY SCULPTING

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

HIIT (HIGH INTENSITY INTERVAL TRAINING)

A total body, heart pumping, 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.

MUSCLE FUSION

The focus of this class is total body and core strength training using a variety of body weight exercises, suspension straps, bosu/stability balls and more. Great for anyone wanting to increase muscle strength and burn calories.

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 BOXING

Improve your cardio output, core strength, and coordination in this class that will focus on fundamental boxing techniques using both bags (for partner work) and standing boxing bags.

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

Cycling techniques (uphill climbs, jumps, sprints, & flats) are used for 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.

NUTCRACKER WORKOUT

This dance inspired class will awaken muscles you've forgotten about as you tone, stretch, and move fluidly to music from the Nutcracker and other holiday favorites. Children who can safely participate are welcome to the December 2nd class.

PEDAL & PUMP

Intervals of heart-pumping cycling and weight training make this a great total body workout.

TOTAL BODY INTERVALS

Combine high intensity cardio intervals with low intensity strength exercises for a fat blasting workout!

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 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.

SUNDAY STRETCH

Fluid movement using elements of Yoga and Pilates will be used to build heat, strengthen the core, and prepare the body for deep overall stretching.

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.

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