

## 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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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**  
**January 2019**

## 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.

### CIRCUIT INTERVALS

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.

### STRENGTH TRAINING

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.

### 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.

### BOOTCAMP

A total body workout of cardio and strength, with a mix of equipment week to week.

### CARDIO CONDITIONING

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

### CLASSIC STEP

With elements of dance, choreographed routines, and intermediate step combinations, this classic class will leave you feeling strong...and a bit sweaty. A fun workout that will also help improve your coordination and focus.

### CROSS FITNESS CAMP

This full body workout offers a variety of exercises that will challenge your 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

### 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.

### YOGA BALL

Challenge your balance and core strength while practicing traditional yoga postures on a stability ball.

### YOGA BOOTCAMP

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

### 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 / 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 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**