



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH, WELL-BEING & FITNESS SCHEDULE

MCPHERSON FAMILY YMCA

August 30th-September 4th

**GROUP CLASSES:
LAND SCHEDULE**

Announcements:
The Aerobics Room will be closed August 30th - September 3rd.

Other Info:

Toddler Time is available for children crawling through 7 years while parents are at YMCA.

Toddle Time Hours:
Monday - Friday 8am-11am and Monday - Thursday 4pm-7pm.

Check with the front desk for fees and other information.

McPherson Family YMCA
220 N. Walnut
McPherson, KS 67460
620-241-0363

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30 AM Y-SPIN		5:45-6:30 AM Y-SPIN		5:45-6:30 AM Y-SPIN	
	5:45-6:30 AM FLOW YOGA (@ Program Room)		5:45-6:30 AM FLOW YOGA (@ Program Room)			
	8:15-9:00 AM Y-SPIN	8:15-9:00 AM PILATES (@ Program Room)		8:15-9:00 AM PILATES (@ Program Room)	8:15-9:00 AM Y-SPIN	
	8:30-9:00 AM CORE TRAINING (@Program Room)		8:30-9:00 AM CORE TRAINING (@Program Room)		8:30-9:00 AM CORE TRAINING (@Program Room)	
	9:00-10:00 AM MUSCLE PUMP (@ Ab/Back Room)	9:00-10:00 AM Outdoor Boot Camp		9:00-10:00 AM Outdoor Boot Camp	9:00-10:00 AM MUSCLE PUMP (@ Ab/Back Room)	9:00-10:00 AM YOGA (@ Program Room)
	9:15-10:10 AM ACTIVE OLDER YOGA (@ Program Room)		9:15-10:10 AM ACTIVE OLDER YOGA (@ Program Room)			
		10:00-10:55 AM YOGA (@ Program Room)		10:00-10:55 AM YOGA (@ Program Room)		
	10:05-10:35 AM SPIN EXPRESS		10:05-10:35 AM SPIN EXPRESS			
	11:15-12:00 PM TAI CHI (@ Cedar's Wellness Center)			11:15-12:00 PM TAI CHI (@ Cedar's Wellness Center)		
	12:10-12:50 PM YOGA (@ Program Room)			12:10-12:50 PM YOGA (@ Program Room)		
		5:30-6:15 PM BOOT CAMP (@Program Room)		5:30-6:00 PM CIRCUIT TRAINING (@ Program Room)		
			7:00-7:45 PM YOGA (@ Program Room)			

CLASS DESCRIPTIONS

HEALTHSEEKER: If you're just getting started, or trying to get back on track, these classes are for you. Instructors will provide you with personalized help.

ACTIVE OLDER YOGA - Yoga for those young at heart! Enjoy the benefits of yoga at any age as each pose can be modified to meet your needs. Increase balance, strength, and flexibility while reducing stress.

GETTING STARTED - New to exercise or returning to an exercise routine? Let us help you get started! Class will meet June 7-30.

MUSCLE PUMP - Meet in the weight room for group personal training modified for your fitness level

PILATES - A series of core exercises that are designed to strengthen the core, back and improve flexibility.

SILVERSNEAKERS® MUSCULAR STRENGTH & RANGE OF MOVEMENT - This is a land exercise class taught by SilverSneakers® certified instructors. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

TAI CHI - Tai Chi is a gentle exercise that originates in Ancient China. Tai Chi will increase flexibility, muscular strength and improve balance.

MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both!

CARDIO 'N' WEIGHTS - A full body weight work-out plus simple cardio movement to keep your heart pumping! May include athletic drills or step.

CIRCUIT TRAINING - A total body workout in a short amount of time! This class includes a series of strength and aerobic exercises set up in stations where you work independently at your own pace. The instructor keeps track of the time and lets you know when to move on to the next exercise.

CORE TRAINING - It's all about THE CORE! 30 minutes of ab exercises that are guaranteed to chisel and strengthen your middle! Additional leg and buttocks exercises put the icing on the cake.

FLOW YOGA - Several series of yoga poses that build stamina in the body through repetition and continuous movement linked to breath. Some more challenging poses are introduced.

HI/LO AEROBICS - No Skills are needed—just the desire to move! Burn calories over the noon hour.

LOW IMPACT AEROBICS- This class specifically addresses cardiovascular endurance and toning. It's so fun that you don't know that you are exercising!

Outdoor Boot Camp- An outdoor excursion which includes walking, talking, and taking advantage of nature's opportunities for strength.

STEP AEROBICS - Invigorating step patterns followed with abs and toning. All levels welcome. (If you need an introduction to step, leave your name at the front desk).

STEP EXPRESS - Invigorating step patterns in 40 minutes. All levels welcome.

YOGA - Improve your muscle tone, flexibility and balance while relieving stress and tension.

Y-PUMP - Want to change your body? Join this group weight training session. Pump up your muscles and reshape your body using dumbbells, barbells, bands and balls. All levels welcome, instructors certified.

Y-SPIN - Group class takes place downstairs. Bikes can be reserved up to 24 hrs in advance at the front desk. Biking on stationary bicycles, intensity is changed through resistance and speed. A great class for those that are looking for a different way to burn calories.

ZUMBA® - Zumba is a very dynamic and exciting class full of latin and exotic international music flavors. The routines feature interval with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as glutes, legs, arms, abdominals, and most importantly, the heart. No dance experience is required. Join us!

FITNESS ENTHUSIAST: For those looking for an additional challenge in their exercise routine. Classes move at a fast, intense pace!

BOOT CAMP - Are you ready for a new training routine? Then try our Boot Camp! A YMCA instructor will lead you through a challenging "cardio and abs" workout on Tuesdays and Thursdays.

TURBO KICK - Try this fun new choreographed kick boxing and movement class. You may have seen it advertised as Turbo Jam on television. No experience needed! Chisel Your Middle!

Visit us on the web at www.ymca-mrc.com or call 620-241-0363

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HEALTH, WELL-BEING & FITNESS SCHEDULE

MCPHERSON FAMILY YMCA

GROUP CLASSES: WATER SCHEDULE

Schedule begins Monday, August 30 and is subject to change.

Announcements:

Lap Pool will be closed August 29th-September 6th for maintenance.

Other Info:

Toddler Time is available for children crawling through 7 years while parents are at YMCA.

Toddler Time Hours:
Monday - Friday
8am-11am and
Monday - Thursday
4pm-7pm.

Check with the front desk for fees and other information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:00am Water Walking*	8:15-10:00am Water Walking*	8:15-9:00am Water Walking*	8:15-11:00am Water Walking*		
8:15-9:00am Silver Splash*	8:15-9:00am Aquarobics*	8:15-9:00am Silver Splash*	8:15-9:00am Aquarobics*	8:15-9:00am Aquarobics*	
<i>All Water Aerobics classes will meet in Family Pool the week of August 30-September 3rd</i>					
9:15-10:00am Arthritis* <i>(No Class on Aug. 16th or 23rd.)</i>	9:15-10:00am Powercise <i>(Aug. 31st class will meet in Family Pool)</i>	9:15-10:00am Arthritis* <i>(No Class on Aug. 23rd or 25th.)</i>	9:15-10:00am Powercise <i>(September 2nd class will meet in Family Pool)</i>	9:15-11:00am Water Walking*	
10:00am-12:00pm Water Walking*	10:00am-12:00pm Water Walking*	10:00am-12:00pm Water Walking*	10:00am-12:00pm Water Walking*	10:00am-12:00pm Water Walking*	
					12:00-1:00pm Water Walking*
4:00-5:00pm Water Walking*	4:00-5:00pm Water Walking*	4:00-5:00pm Water Walking*	4:00-5:00pm Water Walking*	4:00-5:00pm Water Walking*	
7:00-7:45pm Water Aerobics <i>(Class will be held in Family Pool on Aug. 30th.)</i>		7:00-7:45pm Water Aerobics <i>(Class will be held in Family Pool on Sep. 1st.)</i>			

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*Indicates great class for beginners and Active Older Adults!

Shaded box indicates class is held in Family Pool.

Class descriptions on reverse side.

WATER EXERCISE CLASSES

Water Exercise is increasing in popularity among the fit and not-so-fit due to its low-impact, yet high resistance nature. Water exercise is a great cardiovascular exercise as well as strengthener and works all parts of the body including the core.

CLASS DESCRIPTIONS

HEALTHSEEKER: If you're just getting started, or trying to get back on track, these classes are for you. Instructors will provide you with personalized help.

AQUAROBICS - A shallow water workout that incorporates aerobic conditioning as well as toning and strengthening exercises. This is a wonderful work-out for all ages that's easy on the body and is appropriate for all fitness levels. No swimming skills required.

ARTHRITIS - (Arthritis Foundation YMCA Aquatic Program) A water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints. Co-developed by the Arthritis Foundation and the YMCA. Instructors certified through the Arthritis Foundation.

SILVER SPLASH® - This is a water aerobics class taught by Silver Sneakers certified instructors. Silver Sneakers will improve your aerobic endurance, muscular strength and flexibility.

WATER WALKING - One of the most low-impact, yet resistant form of exercise. Non-instructed, walk at your own pace. (Instruction provided if necessary. Leave your name and phone number at the front desk.)

MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both.

DEEP WATER AEROBICS - A non-impact cardio workout with decreased pressure on your spine to increase strength and flexibility.

POWERCISE - "Power" your way through waters resistance for a challenging total body work-out. This class is designed to push your cardiovascular conditioning and increase your muscle tone. If you want to work, join us!

WATER POLO - OK, you really don't have to know how to play water polo or swim - this is a fun way to exercise in a non-impact environment. If you like to play, this one is for you!

