



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXERCISING TOGETHER

## PULLUM BRANCH

| TIME   | MON                           | TUE                              | WED                           | THU                                 | FRI                           | SAT   |
|--------|-------------------------------|----------------------------------|-------------------------------|-------------------------------------|-------------------------------|---|
| 6am    | SPINNING<br>Stacey H.         | SPINNING<br>Joscelyn             | SPINNING<br>Stacey H          | SPINNING<br>Ellen                   | YOGA<br>Stephanie             |   |
| 7am    | EXTREME<br>SCULPTING<br>Heike | CORE-CENTRIC<br>Stephanie        | BODY PUMP<br>Autumn           | CORE-CENTRIC<br>Stephanie           | BODY COMBAT<br>Autumn         |   |
| 8am    | SPINNING<br>Ellen             | BARRELESS<br>Debi                | BODY BLAST<br>Kim             | RELAX & RE-<br>STORE<br>Debi        | SPINNING<br>Rachel            | 8:10<br>Spin -Rachel                                      |
| 9am    | BODY PUMP<br>Kim              | STEP/CORE &<br>MORE<br>Hyon      | ZUMBA<br>Kim                  | STEP/CORE &<br>MORE<br>Hyon         | BODY PUMP<br>Kim              | 9:10<br>BODY PUMP<br>INSTRUCTOR ROTATION                  |
| 10am   | CARDIO/BODY<br>SCULPT<br>Hyon | BODY PUMP<br>Anastasia           | CARDIO/BODY<br>SCULPT<br>Hyon | BODY PUMP<br>Autumn                 | CARDIO/BODY<br>SCULPT<br>Hyon | 10:10<br>ZUMBA/BODY<br>COMBAT<br>Instructor Rota-<br>tion |
| 11am   | YOGA<br>Hyon                  | BODY COMBAT<br>Autumn            | YOGA<br>Hyon                  | BODY COMBAT<br>Anastasia            | YOGA<br>Hyon                  | 11:10YOGA<br>Stephanie                                    |
| 12pm   | SENIOR FITNESS<br>Autumn      | BEGINNER CHAIR<br>YOGA<br>Autumn | SENIOR FITNESS<br>Autumn      | BEGINNER<br>CHAIR<br>YOGA<br>Autumn | SENIOR FITNESS<br>Heike       | 12:10pm<br>FIT KIDS<br>Stephanie                          |
| 3:30pm |                               | FIT KIDS<br>Anastasia            |                               | FIT KIDS<br>Stephanie               |                               |   |
| 4:30pm | PIYO<br>Joscelyn              | HIIT<br>Heike                    | ZUMBA/CS<br>WORX<br>Autumn    | CORE DE<br>FORCE<br>Stephanie       |                               |   |
| 5:30pm | SPIN<br>Cheryl                | SPIN<br>Ellen                    | P90X<br>Stacey                | SPIN<br>Joe                         |                               |   |
| 6:30pm | BODY PUMP<br>Anastasia        | BODY COMBAT<br>Autumn            | BODY PUMP<br>Anastasia        | BODY COMBAT<br>Autumn               |                               |   |
| 7:30pm | YOGA<br>Stephanie             | YOGA<br>Stephanie                | YOGA<br>Amber                 | YOGA<br>Amber                       |                               |   |



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**BARRELESS:** A barre class without an actual barre. We will use the chair and other small equipment to pulse, squeeze, lengthen and tone. See how this dynamic and progressive method of training enhances strength, flexibility and balance.

**BODY BLAST:** Break through those plateaus with a workout that keeps your body guessing. Each class is different with a mix of cardio/strength training utilizing a variety of equipment. Core segments added for optimum results.

**BEGINNER CHAIR YOGA:** Provides a unique opportunity to find deeper well-being through exploration of gently postures, breath work, meditation and deep relaxation.

**BODY COMBAT:** A les mills program that is fiercely energetic and inspired by karate, kung fu, boxing, taekwondo & muay thai. You will kick, punch, strike and kata your way through calories to superior cardio fitness

**BODY PUMP:** A les mills program that is a barbell workout that uses light to moderate weights with lots of repetition. This is a total body workout for anyone looking to get lean, toned and fit fast.

**CARDIO/BODY SCULPT:** A combination of cardiovascular and strength training. Cardio includes floor aerobics such as jumping jacks, jump rope. Strength training uses free weights and body weight.

**CARDIO CRAZE: BASIC AREOBICS** but better. Each month enjoy a different format of aerobics; floor aerobics, step aerobics, Bosu aerobics, Fitness Ball aerobics (30 min) followed by 15 minutes of abs/back and finish with a long stretch. Can be modified for beginners or athletes

**CARDIO/STRENGTH MADNESS:** Interval training that uses every muscle group. Total body building conditioning with high-intensity cardio moves, plyometrics, and body weight strength moves. Focuses on core strength and stability.

**CORE-CENTRIC:** Finally a class that focuses on your core. All strength exercises that sculpt your back and abdominal muscles. Modifications demonstrated.

**CORE & MORE:** class focuses on sculpting the core muscles with a emphasis on strength training plus stretching and toning.

**Core De Force:** This class is a exhilarating boxing, kick-boxing, and Muay Thai combination mixed with fat blasting cardio and bodyweight moves to help you zero in on stubborn belly fat and carve allover definition.

**CX Worx:** This Les Mills program will challenge your balance, coordination and functional strength with this 30 minute blast to the abs. This workout is designed to tighten your mid-section in the shortest amount of time.

**Extreme Sculpting:** Challenge yourself for maximum results! Sculpt and define every muscle group with a variety of weights and equipment. Controlled movements

**FIT KIDS AEROBICS/BOOTCAMP/FLEX & STRETCH—** KIDS, are all classes for ages 5-12, regardless of fitness level. These classes are for kids only (no adults) and are offered by age group. They are free for members and kids in the Y afterschool program. The 5-8 year old children will participate during the first half of class, and the 9-12 year old children will participate during the last half of the class.

**HIIT CLASS:** this class incorporates quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

**RELAX & RESTORE:** Enhance your body's recovery through stretching. This class is the perfect compliment to your strength and cardio workouts. Improves awareness of feet, shoulders, hips and spinal alignment

**SENIOR FITNESS:** Uses a variety of exercises and small equipment to increase muscular strength, range of motion and flexibility for active older adults. A chair is provided if needed.

**SPINNING:** An indoor cycling class and a no-impact activity that imitates outdoor cycling. Members ride as a group but decide their own intensity by choosing settings on their individual bike. Please bring a water bottle to class. Bikes can be reserved up to two days before the class by calling or stopping by the front desk. For your first class, please arrive 5-10 minutes early so that the instructor can adjust your bike correctly. **Do not enter or set up a bike after a class has started.**

**STEP INTERVAL:** This class combines the cardiovascular portion of a step workout with the intensity of strength training.

**STEP/ CORE & MORE:** Half step class half core and strength

**TABATA/STRENGTH:** Has a high-intensity approach by performing each strength exercise or cardio drill with high-intensity intervals. Each of the intervals contain simple, yet intense, movement designed to target specific areas of the body.

**KICKBOX:** Is a knockout workout!!! This workout combines traditional kick-boxing moves with high intensity interval training for an awesome calorie burning session.

**YOGA:** Promotes flexibility, balance, proper alignment, strength and relaxation by coordinating breathing with movement through various poses. Bring your own mat or use ours

**ZUMBA,** a "fitness dance party," uses Latin music and dance steps for a fun total body workout. Routines are introduced in segments and repeated.