

October 2019 Group Exercise – JERRY LONG FAMILY YMCA



MONDAY

START	END	CLASS	LOCATION	NOTES
5:15am	6:00am	*Barre	Mind/Body	
5:30am	6:15am	*RPM®	Cycle	
6:05am	6:35am	CXWORX®	Group Exercise	
8:30am	9:15am	*Barre	Mind/Body	
8:30am	9:15am	*Joy Riders	Cycle	
8:30am	9:15am	BODYPUMP® 45 min *SEE YTH POLICY*	Group Exercise	
9:25am	9:55am	CXWORX®	Group Exercise	
9:30am	10:30am	Pilates	Mind/Body	
9:30am	10:15am	ZUMBA® 45 min/Cardio Dance Party	Gym #3	ZUMBA® 10/7, 10/21; Cardio Dance Party 10/14, 10/28
9:30am	10:15am	*RPM®	Cycle	
10:00am	11:00am	BODYCOMBAT®	Group Exercise	
10:45am	11:15am	*LES MILLS SPRINT™	Cycle	
11:15am	12:00pm	SilverSneakers® Yoga	Mind/Body	
12:15pm	1:00pm	SilverSneakers® Classic	Mind/Body	
1:15pm	2:00pm	SilverSneakers® Circuit	Mind/Body	
4:30pm	5:15pm	Yoga	Mind/Body	
5:30pm	6:30pm	BODYPUMP® *SEE YOUTH POLICY*	Group Exercise	
5:35pm	6:20pm	*RPM®	Cycle	
5:30pm	6:15pm	BODYFLOW® 45 min	Mind/Body	
6:35pm	7:20pm	BODYATTACK®/BODYCOMBAT® 45 min	Group Exercise	BODYATTACK® 10/7, 10/21; BODYCOMBAT® 10/14, 10/28
6:35pm	7:20pm	*RPM®	Cycle	
6:30pm	7:15pm	ZUMBA®	Mind/Body	

Les Mills Launches coming this month!

BODYPUMP Sat, 10/5 @ 8:15am
 BODYCOMBAT Mon, 10/7 @ 10:00am
 CXWORX Sat, 10/12 @ 10:05am
 BODYATTACK Tues, 10/15 @ 5:30pm
 RPM Mon, 10/21 @ 5:30am, 9:30am, 5:35pm, 6:35pm
 BODYFLOW Sat 10/26 @ 9:30am

TUESDAY

START	END	CLASS	LOCATION	NOTES
5:30am	6:15am	BODYPUMP® 45 min *SEE YTH POLICY*	Group Exercise	
5:30am	6:15am	*RPM®	Cycle	
8:15am	9:15am	Tai Chi	Mind Body	
8:30am	9:00am	CXWORX®	Group Exercise	
8:30am	9:15am	*Joy Riders	Cycle	
9:30am	10:30am	BODYFLOW®	Mind/Body	
9:30am	10:15am	Cardio Fusion	Gym #3	
9:30am	10:30am	ZUMBA®	Group Exercise	
9:30am	10:15am	*RPM®	Cycle	
10:45am	11:45am	BODYPUMP® *SEE YOUTH POLICY*	Group Exercise	
10:45am	11:45am	Yoga	Mind/Body	
12:15pm	1:00pm	SilverSneakers® Circuit	Mind/Body	
1:15pm	2:00pm	SilverSneakers® Classic	Mind/Body	
4:15pm	5:15pm	Total Body Sculpt	Group Exercise	
4:30pm	5:15pm	*Barre	Mind/Body	
5:30pm	6:30pm	BODYATTACK®	Group Exercise	
5:30pm	6:30pm	Yoga	Mind/Body	
5:35pm	6:05pm	*LES MILLS SPRINT™	Cycle	
6:35pm	7:20pm	*Hip Hop Cycle	Cycle	NEW CLASS OFFERING!
6:45pm	7:45pm	BODYPUMP® *SEE YOUTH POLICY*	Group Exercise	
6:45pm	7:15pm	CXWORX®	Mind/Body	

New class opportunities for you!

Hip Hop Cycle,
 an interval training cycle ride set to fun hip hop music, will be offered
 Tuesdays, 6:35pm-7:20pm
 & Sundays, 2:00pm-2:45pm

Les Mills BODYCOMBAT
 will be offered Friday nights, 5:30pm-6:15pm

WEDNESDAY

START	END	CLASS	LOCATION	NOTES
5:15am	6:00am	*Barre	Mind/Body	
5:30am	6:00am	*LES MILLS SPRINT™	Cycle	
6:05am	6:35am	CXWORX®	Group Exercise	
8:30am	9:15am	*Barre	Mind/Body	
8:30am	9:15am	BODYCOMBAT® 45 min	Gym #3	
8:30am	9:15am	ZUMBA® 45 min	Group Exercise	
8:30am	9:15am	*Joy Riders	Cycle	
9:30am	10:30am	Pilates	Mind/Body	
9:30am	10:30am	BODYPUMP® *SEE YOUTH POLICY*	Group Exercise	
9:30am	10:00am	*LES MILLS SPRINT™	Cycle	
11:15am	12:00pm	SilverSneakers® Yoga	Mind/Body	
12:15pm	1:00pm	SilverSneakers® Classic	Mind/Body	
12:15pm	1:00pm	Cardio Dance Party	Group Exercise	
1:15pm	2:00pm	SilverSneakers® Circuit	Mind/Body	
4:30pm	5:15pm	Yoga	Mind/Body	
5:30pm	6:30pm	BODYPUMP® *SEE YOUTH POLICY*	Group Exercise	
5:30pm	6:30pm	BODYFLOW®	Mind/Body	
5:35pm	6:20pm	*RPM®	Cycle	
6:35pm	7:20pm	BODYATTACK®/BODYCOMBAT® 45 min	Group Exercise	BODYATTACK® 10/2, 10/16, 10/30; BODYCOMBAT® 10/9, 10/23
6:35pm	7:20pm	*RPM®	Cycle	

Catch these special event classes for some October fun!
 Joy Riders Halloween rides on 10/30 and 10/31 at 8:30am
 Total Body Sculpt Halloween class on 10/29 at 4:15pm

Family Fit Class
 Saturday, 10/12, 9:30am-10:15am
 Gym 3
 Bring the whole family for a fun workout!

6:45pm 7:30pm *Barre Mind/Body

THURSDAY

START	END	CLASS	LOCATION	NOTES
5:30am	6:30am	BODYPUMP® *SEE YOUTH POLICY*	Group Exercise	
5:30am	6:15am	*RPM®	Cycle	
8:15am	9:00am	SilverSneakers®EnerChi	Mind/Body	Tai Chi will be offered 10/3, 8:15am-9:15am
8:30am	9:00am	CXWORX®	Group Exercise	
8:30am	9:15am	*Joy Riders	Cycle	
9:30am	10:30 am	BODYFLOW®	Mind/Body	
9:30am	10:30am	BODYATTACK®	Group Exercise	
9:30am	10:15am	Cardio Fusion	Gym #3	
9:30am	10:15am	*RPM®	Cycle	
10:45am	11:30am	BODYPUMP® 45 min *SEE YTH POLICY*	Group Exercise	
10:45am	11:45am	Yoga	Mind/Body	
12:15pm	1:00pm	SilverSneakers® Circuit	Mind/Body	
1:15pm	2:00pm	SilverSneakers® Classic	Mind/Body	
4:15pm	5:15pm	Total Body Sculpt	Group Exercise	
4:30pm	5:15pm	*Barre	Mind/Body	
5:30pm	6:30pm	BODYCOMBAT®	Group Exercise	Not offered 10/31
5:30pm	6:30pm	Yoga	Mind/Body	
5:35pm	6:20pm	*RPM®	Cycle	
6:35pm	7:05pm	*LES MILLS SPRINT™	Cycle	
6:45pm	7:15pm	CXWORX®	Mind/Body	
6:45pm	7:30pm	BODYPUMP® 45 min *SEE YTH POLICY*	Group Exercise	

If you own a MYZONE fitness tracker, come take the MYZONE Fitness Test in the Cycle Studio on Saturday 10/12, 10:45am-11:00am. This is an instructor-led cycle ride focused on pedaling at an increasing pace. It will help you measure your heart health and better understand the color zones of a MYZONE. Must own a MYZONE, and must sign up on our app.

FRIDAY

START	END	CLASS	LOCATION	NOTES
5:30am	6:15am	*RPM®	Cycle	
8:30am	9:15am	Yoga	Mind/Body	
8:30am	9:15am	ZUMBA® 45 min	Group Exercise	
8:30am	9:15am	BODYATTACK® 45 min	Gym #3	
8:30am	9:00am	*LES MILLS SPRINT™	Cycle	
9:30am	10:30am	Pilates	Mind/Body	
9:30am	10:15am	BODYPUMP® 45 min *SEE YTH POLICY*	Group Exercise	
9:30am	10:15am	*RPM®	Cycle	
10:30am	11:15am	Total Body Sculpt 45 min	Group Exercise	
11:15am	12:00pm	SilverSneakers® Yoga	Mind/Body	
12:15pm	1:00pm	*Barre/ BODYFLOW® 45 min	Mind/Body	Barre 10/4, 10/18; BODYFLOW® 10/11, 10/25
12:15pm	1:00pm	Cardio Dance Party	Group Exercise	
5:30pm	6:30pm	BODYCOMBAT® 45 min	Group Exercise	NEW CLASS TIME!

SATURDAY

START	END	CLASS	LOCATION	NOTES
8:00am	9:00am	*Barre	Mind/Body	
8:15am	9:15am	BODYPUMP® *SEE YOUTH POLICY*	Group Exercise	
8:30am	9:15am	*RPM®	Cycle	Offered 10/12, 10/26
8:30am	9:00am	*LES MILLS SPRINT™	Cycle	Offered 10/5, 10/19
9:30am	10:00am	**LES MILLS GRIT®Cardio *SEE YTH POL*	Training Center	Offered 10/19, 10/26
9:30am	10:30am	BODYFLOW®	Mind/Body	
9:30am	10:00am	BODYATTACK®/BODYCOMBAT® 30 min	Group Exercise	BODYATTACK® 10/12, 10/26; BODYCOMBAT® 10/5, 10/19
9:30am	10:15am	*RPM®	Cycle	Offered 10/5, 10/19
9:30am	10:15am	*Weekend Cruiser	Cycle	Offered 10/12, 10/26
10:05am	10:35am	CXWORX®	Group Exercise	
10:45am	11:45am	Total Body Sculpt	Group Exercise	
10:45am	11:45am	Yoga	Mind/Body	

SUNDAY

START	END	CLASS	LOCATION	NOTES
2:00pm	2:45pm	Hip Hop Cycle	Cycle	NEW CLASS OFFERING!
2:30pm	3:30pm	Yoga	Mind/Body	
3:00pm	3:45pm	BODYATTACK® /BODYCOMBAT® 45 min	Group Exercise	BODYATTACK® 10/6, 10/20; BODYCOMBAT® 10/13, 10/27
4:00pm	4:45pm	BODYPUMP® 45 *SEE YOUTH POLICY*	Group Exercise	
4:00pm	4:45pm	*Weekend Cruiser	Cycle	
5:00pm	5:30pm	CXWORX®	Group Exercise	

YOUTH ATTENDANCE POLICY- In an effort to ensure safety, specific Group Exercise classes involving weights or intensity will require participants to be rising 9th grade (high school) or above to attend. The grade requirement for other GX classes is middle school.

Please be set up and ready to start BODYPUMP on time. Late entry is not allowed for safety and courtesy reasons.

*All classes in the Cycle studio and Barre classes require online sign up; sign ups begin 24 hours before the scheduled class. Bikes/spaces are given to alternates 5 minutes before class is scheduled to begin. Entry after the warm up of cycle classes will not be allowed for safety and courtesy reasons.

**GRIT™ requires a \$10 fee for anyone not currently registered in an 8 week GRIT™ session, package deal \$80/10 Saturdays, see membership desk.