


## GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE January 11 - January 16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	<b>GRIT™ Strength</b> Tiff 30 mins	<b>Cardio &amp; Core Combo</b> Richelle 45 mins	<b>Cardio Boxing</b> Vicki 45 mins		<b>Cycling</b> Jody 45 mins	<b>BodyPump™</b> Tiff 45 mins
7:00am				<b>Cardio Circuit</b> Vicki 45 mins		<b>GRIT™ Cardio</b> Jess C 30 mins
8:15am			<b>SilverSneakers® Circuit</b> Angela 45 mins			
8:30am	<b>CXWORX™</b> Melanie 45 mins	<b>Chiseled</b> Liz 45 mins		<b>BodyPump™</b> Melanie 45 mins	<b>Barre</b> Melanie 45 mins	<b>Ballet Fusion Cardio</b> Brandy 30 mins
9:15am			<b>Cycling</b> Liz 45 mins			
9:30am	<b>SilverSneakers® Classic</b> Melanie 45 mins				<b>SilverSneakers® Classic</b> Melanie 45 mins	<b>POUND®</b> Amanda 30 mins
10:30am						<b>Pilates</b> Jess H 45 mins
4:00pm	<b>POUND®</b> Amanda 30 mins		<b>Ballet Fusion</b> Brandy 45 mins			
4:30pm			<b>Cycling</b> Paula 45 mins			
4:45pm	<b>Cycling</b> Paula 45 mins	<b>Yoga</b> Taylor 45 mins				
5:00pm			<b>GRIT™ Athletic</b> Jess C 30 mins			
5:30pm			<b>BodyCombat™</b> Jess C 45 mins	<b>Tabata Circuit</b> Heidi 45 mins		
5:45pm	<b>BodyPump™</b> Jess J 45 mins	<b>Boot Camp</b> Jody 45 mins				

**BodyPump™** - BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.

**GRIT Cardio™** - High Intensity Interval Training. Uses barbell, weight plate and body weight exercises.

**CXWORX™** - FIND YOUR CENTER. Personal training-inspired workout to build and maintain a superior functioning core.

**BodyCombat™** - BE FIERCE. A mix of Martial Arts and endurance, unleashing strength you never knew you had.

**Body Sculpt** - A non-aerobic, toning class using light weights to shape and sculpt your muscles. This class is for all fitness levels.

**Boot Camp** - Improve your strength and stamina through a rugged workout. All levels welcome!

**Cardio Boxing** - Combos of punches, kicks and cardio in a low impact, yet challenging boxing class. Use of 1-3lb hand weights optional.

**Cardio & Core** - A mix of cardio to crush calories followed with core work and cool down!

**Cardio Pyramid**- working up and down a pyramid of time format for 10 different cardio moves.

**Chiseled** - A strength and toning class focusing on full body fitness, using low impact moves.

**Core Fit** - Blend of cardio and core work that focuses on a strong, balanced, sculpted trunk

**High Roller Tabata** - Traditional Tabata format using rolled dice to determine work length of time and movements. May the odds be in your favor!"

**Tabata** - Maximize your results with this program based on Hi-Intensity Interval Training (HIIT). HIIT programs are dynamic calorie burners that help shape and tone muscle, build endurance, and create a metabolic afterburn for long-lasting calorie burn.

**10/10** - Full body strength class following a 10 rep, 10 sec iso hold format.

**POUND®** - POUND: Rockout. Workout.® Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

**Ballet** - Beginner ballet class progressing from smaller to larger movements as the upper body warms up. Use a chair, countertop, or other moderately sturdy piece of furniture as your ballet barre. No experience needed.

**Ballet Fusion** - A total body workout that incorporates basic ballets positions and barre work to help you feel both powerful and graceful at the end of class. Use a chair, countertop, or other moderately sturdy piece of furniture as your ballet barre. No experience needed.

**PiYo® LIVE** - Using only body weight, participants perform a series of high-intensity, low-impact moves that work every single muscle for a long, lean and incredibly defined physique. With its focus on flexibility and core strength, it's the perfect option for anyone looking for something that's low-impact.

**SilverSneakers®** - Standing upper-body strength work alternated with low-impact cardio using a chair for standing support.