



MISSOULA FAMILY YMCA CYCLING CLASS SCHEDULE April 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
		Cycle & Core 5:30-6:30am Kamra	Cardio Burst 5:30-6:15pm Brooklyn	Cycle Plus 5:15-6:15am Wendy	Cycle Plus 5:15-6:15am Shari	Cycle Plus 8:15-9:15am Justin
Triathlon Training 9:00-11:00am Peer Led - meet in the pool	Cycle & Core 9:15-10:15am Kamra	Cycle & Core 9:15-10:15am Meighan		Cycle Plus 9:15-10:15am Jackie	Cycle & Core 9:15-10:15am Kelly	Cycle Plus 9:30-10:30am Brooklyn
		Cycle HIIT+ 12:05-12:55pm Keri & Kara				
Afternoon/Evening Classes						
Please Note - No Classes Saturday, April 29th. Join us for the 45th Annual Riverbank Run!	Cycle & Core 4:30-5:30pm Kelly		Cardio Burst 4:30-5:15pm Keri		Download our FREE Y app for fast access to the most up-to-date schedules and class substitutions.	
		Cycle Plus 5:30-6:30pm Brooklyn		Cycle Plus 5:30-6:30pm Brooklyn		

Studio Group Exercise Classes

Barre - Set to fun, energetic music, this class incorporates an upper body workout with weights and a combination of high-intensity core and lower body exercises at the barre. Each class ends with stretching which results in stronger, more elongated muscles while gaining flexibility.

BODYPUMP™ - the original barbell workout to music that will work all major muscle groups in just 55 minutes. This full body workout will burn calories, shape and tone your entire body, increase core strength, and improve bone health.

CORE - Incorporates exercises that strengthen the *powerhouse*...abdominals, back, hips and glutes. Increases overall strength, core stability and agility.

HIIT - High Intensity Interval Training. Minimal equipment, maximum cardio and calorie burn—all levels welcome! **HIIT+ - PLUS CORE!!**

Junior Oula® - (Ages 5-12) Focuses on fun and movement through dance and child appropriate music. Honors the same basic Oula choreography and energy!

Metabolic Madness - Calorie burning, progressive strength and CORE exercises to rev up your metabolism and help you stay healthy and injury-free.

Muscle Fusion - Maximum results, minimum time. Combines strength conditioning and HIIT training with cardio bursts to make the most of your lunch hour!

Oula® - Inspiring and super fun dance workout! Oula incorporates fun, easy to follow choreography, set to current music, and encourages self-expression and freedom of movement. Try it...it'll be the most fun workout you'll have all week!

Oula-Power® - Everything you love about Oula, PLUS strength and conditioning to tone, strengthen and burn maximum calories.

PiYo® - Designed with a constant flow of movements that will increase strength, core stability and flexibility...this dynamic, total-body workout will kick up the calorie burn and build lean muscle.

TAZ (Tone and Zone) - A combination of strength training and core work, this class emphasizes head-to-toe muscular strength and flexibility.

TAZ+ - Cardio intervals added for maximum calorie burn!

Zumba® - Latin inspired dance fitness. Great for abs and glutes! Get a great workout and escape stress with the lights turned down in a party atmosphere!

Mind and Body Classes

Yoga - Increase your muscular strength, flexibility and balance, breathe, reduce stress and fine tune your body. A variety of styles offered.

Gentle Yoga - Relax, breathe, stretch, and de-stress at a slow, comfortable pace.

Sunrise Yoga - Start your day off right! This early morning yoga class combines Sun Salutations and challenging strength and flexibility poses.

Senior Classes

Arthritis Foundation Exercise Class - Community-based exercise program designed specifically to strengthen and tone individuals with arthritis and arthritis-related diseases.

EnhanceFitness - A proven community-based fitness management program to help adults become more active, energized and empowered for independent living. The program consists of low impact exercise classes that are safe and challenging for adults of all fitness levels.

SilverSneakers® - This low-impact total body conditioning class incorporates all the major muscle groups, and addresses strength, flexibility, muscular endurance, balance, coordination, and agility.

Running Classes

Whether you are training for your first 5k or 10th marathon, our running classes will help improve your speed and endurance. Beginners welcome and encouraged!

Deep Water Running - No impact running class in the Y pool. This class is great for those recovering from injury or looking to add variety to their training!

Cycling Classes **Be sure to bring a water bottle & towel to class!**

CBC (Cardio Burst Cycle) - This cycling class is for anyone who enjoys a challenging, fast-paced ride to motivating music. 45 minutes

C+ (Cycle Plus) - An extended version of our cycling class. 60 minutes

C&C (Cycle & Core) - 45 minute ride followed by 15 minutes of intense core work.

Cycle HIIT+ - 30 minute high intensity ride followed by 20 minutes of intense core work.

Y Fall/Winter/Spring Hours: Monday-Friday 5am-10pm; Saturday 7am-8pm; Sunday 8am-6pm
(406)721-YMCA(9622) www.ymcamissoula.org