



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LET'S GET MOVING!

## SATURDAY, JANUARY 27

Explore group fitness classes and find your fit at our Super Sampler.

### STUDIO A:

7:30-8:00am: Yoga with Tiffany D.  
8:00-9:00am: Zumba Dance Launch  
9:00-10:00am: BodyCombat™ Launch  
10:00-10:30am: Pilates with Susan N.  
10:30-11:00am: Step with Angie R.  
11:00am-12:00pm: Dance Blast Launch

### HALF COURT STUDIO:

8:00-9:00am: BodyPump™ Launch  
9:00-9:30am: GRIT™ Plyo with Pam B.  
9:30-10:00am: GRIT™ Strength with Tim R.  
10:00-11:00am: PiYo™ Launch  
11:00-11:30am: CXWORX™ Launch  
11:30am-12:00pm: MoveStrong with Brenda W.

### CYCLING STUDIO:

7:30-8:00am: Sprint™ with Amanda H.  
8:00-8:30am: Freestyle with Andrea M.  
8:30-9:00am: Freestyle with Tiffany D.  
9:00-9:30am: Freestyle with Brenda W.  
9:30-10:00am: RPM™ with Angela P.  
10:00-10:30am: Sprint™ with Maura C.  
10:30-11:00am: Sprint™ with Angela P.  
11:00-11:30am: RPM™ with Amanda H.

### ACTIVITY ROOM:

8:00-8:30am: Barre with Susan N.  
9:00-9:30am: Power Yoga with Autumn D.  
10:00-10:30am: Barre with Erika

### AQUA CLASS SCHEDULE HAS NO CHANGES

This event is open to the public, and we encourage members to bring their friends to join in on the fun!

Clarksville Area YMCA  
260 Hillcrest Dr.



Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind and body.



## Class Descriptions

**Barre:** This class uses a combination of postures and exercises inspired by ballet, yoga, and pilates to lengthen and sculpt muscles as well as improve posture, flexibility, strength and balance.

**BodyCombat:** Inspired by the martial arts and drawing from karate, boxing, taekwondo, tai chi and muay thai, you will strike, punch, kick and kata your way to superior cardio fitness in this Les Mills class. New releases are issued quarterly.

**BodyPump:** This 60-minute barbell class by Les Mills provides a workout that will strengthen all your major muscle groups by using the best weight-room exercises, including squats, presses, lifts and curls. New versions of the class are released quarterly.

**CXWORX:** This class attacks your core from all angles. You will work your abs, hips, back and glutes using bodyweight, resistance tubing and weight plate exercises.

**Cycling:** Use a specialized stationary bike while you spin your way through hill climbs, sprints and other heart-racing challenges while burning up to 500 calories or more in a 40-minute session. Make plans to arrive early to set up your bike and get pointers on proper form and technique.

**Dance Blast:** Anything goes with this fusion of dance styles. Build on your dance skills while enjoying different choreography and dance styles including hip-hop, traditional aerobics, funk, jazz and more.

**GRIT Cardio:** This is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

**GRIT Plyo:** This is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body.

**GRIT Strength:** This is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. It takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**Pilates:** Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body with an emphasis on strengthening the mid-section. Mat-based classes are taught using floor mats and may use a small amount of equipment depending on location.

**Power Yoga:** Power Yoga is a fitness-based vinyasa practice. An offshoot of Ashtanga Yoga, it has many of the same qualities and benefits, including building internal heat, increased stamina, strength, and flexibility, as well as stress reduction. Teachers design their own sequences, while students synchronize their breath with their movement.

**Movestrong:** In this class we use the MoveStrong Equipment that will give you the strength, balance, mobility, agility and muscular endurance to handle any task. The class will also use a variety of equipment to move through a series of exercises designed to challenge both your heart and all major muscle groups with limited to no choreography.

**PiYo:** Enjoy all the mind and body benefits of yoga and Pilates with strength and Plyometric to provide an added muscular challenge.

**RPM:** This is a 45-minute group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. Your instructor takes you on a journey of hill climbs, sprints and flat riding.

**SPRINT:** This is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

**Step:** Using the studio step, you'll move your way through several choreography combinations that will give your heart the cardio boost it needs to stay healthy and happy. Class complexity and intensity are dependent on the instructor, so check with your local Y to find the best fit for you.

**Yoga:** An ancient practice designed to integrate the body, the mind and the spirit. Classes can range from slow-moving therapeutic pose progressions to faster flowing movements and challenging balance positions.

**Zumba:** This Latin-inspired dance class is an exhilarating, effective, easy-to-follow, fitness party that is moving millions of people toward improved health and happiness. Come see what all the excitement is about!