



# La PORTE GROUP FITNESS SCHEDULE

901 Michigan Avenue

Effective 07/04/2022 - 08/15/2022

La Porte, IN 46350

*Schedule is in effect until a new schedule is released | Last Revision 07/04/2022*

(219) 325-9622

*Classes listed on this schedule are intended for those 16 years of age and older.*

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30am	<b>Spinning®</b> Spin Room Jessica C. 5:30am - 6:30am	<b>Extreme Cut</b> Lower Aerobics Room Jessica C. 5:30am - 6:30am	<b>Spinning®</b> Spin Room Jessica C. 5:30am - 6:30am	<b>Extreme Cut</b> Lower Aerobics Room Jessica C. 5:30am - 6:30am	<b>Cycling</b> Spin Room Jessica/ Patty 5:30am - 6:30am	<b>Aqua Zumba®</b> Pool (Group) Debi B. 8am - 8:45am	
6am	<b>Zumba Toning®</b> Studio B Barrie B 8am - 8:45am	<b>Aqua Zumba</b> Pool (Group) Barrie B. 6:00a - 6:45a		<b>Aqua Zumba</b> Pool (Group) Barrie B. 6:00a - 6:45a		<b>Cycling</b> Spin Room Amber L 8:30am - 9:30am	
8am	<b>Silver Splash®</b> Pool (Group) Bill B. 9am - 10am	<b>Zumba®</b> Studio B Jody K. 9am - 10am	<b>Silver Splash®</b> Pool (Group) Bill B. 9am - 10am	<b>Zumba®</b> Studio B Bri B. 9am - 9:45am	<b>Silver Splash®</b> Pool (Group) Bill B. 9am - 10am		
9am			<b>Zumba®</b> Studio B Bri B. 9am - 9:45am		<b>Zumba®</b> Studio B Jody K. 9am - 10am		
9:45am	<b>Senior Stretch</b> Pool (Group) Roger (Volunteer) 10am - 11am		<b>Senior Stretch</b> Pool (Group) Roger (Volunteer) 10am - 11am	<b>Belly Dancing</b> Lower Aerobics Room Maria 10am - 11am	<b>Senior Yoga</b> Lower Aerobics Room Bill B. 10:15am - 11:15am		<b>BodyPump (Les Mills)</b> Lower Aerobics Room Ashleigh 10:15am - 11am
10am							<b>CORE (Les Mills)</b> Upper Aerobics Room Ashleigh 11:00am-11:30am
10:15am	<b>Chair Yoga</b> Studio B Bill B. 10:30am - 11:15am	<b>Silver Sneakers®</b> Studio B Bill B. 10:30am - 11:30am		<b>Silver Sneakers®</b> Studio B Bill B. 10:30am - 11:30am			
10:30am							
11:00am	<b>Cardio Dance</b> Studio B Jayden 4:30pm - 5:30pm			<b>Spinning®</b> Spin Room Morgan D 3:45pm - 4:45pm			
3:45pm							
4:00pm	<b>Barre</b> Upper Aerobics Room Jody / Janel 5:30pm - 6:30pm	<b>BodyPump (Les Mills)</b> Lower Aerobics Room Ashleigh Tolbert 4:30pm - 5:30pm	<b>Zumba Toning</b> Studio B Emily J 4:30pm - 5:30pm	<b>Zumba</b> Studio B Janel & Jayden 4:30pm - 5:30pm			
4:30pm							
5:30pm	<b>Aquacise</b> Pool (Group) Mary Jane 5:30pm - 6:30pm		<b>GRIT/CORE</b> Studio B Ashleigh 5:30pm - 6:30pm	<b>BodyPump (Les Mills)</b> Lower Aerobics Room Ashleigh 5:30pm - 6:00pm			
5:30pm							
5:45pm	<b>Yin Yoga</b> Lower Aerobics Room Naoko 5:30pm - 6:30pm	<b>Cardio Dance</b> Studio B Jayden 5:45pm - 6:45pm	<b>Aquacise</b> Pool (Group) Mary Jane 5:30pm - 6:30pm	<b>CORE (Les Mills)</b> Lower Aerobics Room Ashleigh 6:00pm - 6:30pm			
5:45pm							
6pm							
6:45pm	<b>Meditation</b> Lower Aerobics Room Naoko 6:45pm - 7:15pm						

Please note that all classes are subject to change due to demand and participation.  
For your safety, it is recommended you consult your physician prior to starting any exercise program.

Disclaimer: Some classes utilize music as the workout (NOT "working out to music") which can lead to elevated music volume.  
Please participate at your own discretion and utilize sound judgement. Please respect all instructors' creative expression.

Are you certified or want to become certified or know someone who wants to pursue becoming a group fitness instructor at the YMCA?  
Then contact Barrie Bradley at [bbradley@lpymca.org](mailto:bbradley@lpymca.org).

<b>Aquacise</b>	.....	This pool workout combines weights and noodles to incorporate water resistance cardio exercises.
<b>Aqua Zumba®*</b>	.....	Aqua Zumba is a challenging and effective water-based workout that integrates a mixture of body-sculpting movements and dance moves to maximize fat burning and total body toning. We encourage the whole family to participate.
<b>Barre</b>	.....	This class combines attributes of Pilates, dance, and functional fitness training. It incorporates small, isolated movement, to fatigue muscles, and large range motion to elevate heart rate. This results in a total mind and body workout.
<b>BodyPump (Les Mills)</b>	.....	Fast-paced, barbell-based workout that's specifically designed to help you get lean, toned & fit. It uses a combination of motivating music, fantastic instructors & scientifically proven moves to help you achieve these targets more quickly.
<b>Boot Camp</b>	.....	This is an intense workout, so be ready to be pushed to new limits! Instructors use a variety of fast-paced conditioning exercises to help you reach your fitness goal.
<b>Cardio Dance</b>	.....	Shake off the stress of your day at Cardio Dance that is appropriate for all skill levels.
<b>CORE (Les Mills)</b>	.....	A scientific core workout for incredible core tone and sports performance. You build strength, stability, and endurance in the muscles that support your core, improve balance, assist injury prevention and become better at everything you do.
<b>Cycling</b>	.....	Indoor group cycling on specifically designed fixed-gear bicycles. Participants control their own intensity level, which makes group cycling great for people of all fitness levels.
<b>GRIT</b>	.....	Les Mills version of High Intensity Interval Training.
<b>Extreme Cut</b>	.....	This is an advanced class that involves using barbells and weights to achieve the ultimate resistance training workout. Come ready to get STRONG! We focus on gaining strength through classic weight principles.
<b>Senior Stretch</b>	.....	A water fitness class designed to enhance everyone's quality of life and daily function. A variety of exercises utilizing the physical properties of water. Will help you increase your agility, range of movement and cardiovascular conditioning.
<b>Senior Yoga</b>	.....	This class will move your whole body through a complete series of seated, standing, and floor yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.
<b>Silver Sneakers®</b>	.....	Based upon the idea of "fitness, fun, and friends," this class incorporates fun, social programming with an exercise program that enhances independent living skills. This low-impact fitness class is held in the aerobics room.
<b>Silver Splash®*</b>	.....	Based upon the idea of "fitness, fun, and friends," this class incorporates fun, social programming with an exercise program that enhances independent living skills. This low-impact fitness class is held in both the pool.
<b>Spinning®</b>	.....	Indoor group cycling on specifically designed fixed-gear bicycles. Participants control their own intensity level, which makes group cycling great for people of all fitness levels.
<b>Yin Yoga</b>	.....	Yin Yoga is composed of seated and lying down poses with an emphasis on relaxing the muscles, stretching the connective tissue around the joints and encouraging mental calmness. Poses are held anywhere from 1-4 minutes.
<b>Yoga</b>	.....	Nourish your mind and body through Hatha Yoga progressions. This class introduces beginner participants to basic yoga postures and helps more advanced participants strengthen, improve balance, increase flexibility, and calm the whole person.
<b>Zumba®</b>	.....	This high-energy class incorporates unique dance moves to a fusion of Latin and international music that creates a dynamic and exciting workout. It is a mixture of body-sculpting movements with easy-to-follow dance steps.
<b>Zumba® Toning</b>	.....	Zumba Toning is for people who do their workouts with toning sticks. It targets the abs, thighs, arms, and other muscles throughout the body. This type of Zumba class provides participants with a cardio workout and strength training.