



GROUP EXERCISE JULY

MONDAY

8:00-9:00 am - Active Older Adults - Tonya S.
9:00-10:00 am - Yoga - Margart O.
5:00-6:00 pm - BODYPUMP® - Josh C.
6:00-7:00 pm - SPINNING® - Becky G.

TUESDAY

5:30-6:15 am - Step Aerobics - Tina S.
5:30-7:15 pm - Karate - Must Register Monthly

WEDNESDAY

5:30-6:00 am - HIIT - Josh C. (July 10 & 24)
5:30-6:00 am - Core - Josh C. (July 3, 17 & 31)
8:00-9:00 am - Active Older Adults - Tonya S.
6:00-7:00 pm - Yoga - Pingping W.

THURSDAY

5:30-6:30 am - BODYPUMP® - Josh C.
5:30-7:15 pm - Karate - Must Register Monthly
6:00-7:00 pm - SPINNING® - Becky G.

FRIDAY

SATURDAY

9:00-10:00 am - Yoga - Margart O.

Twin Pike Family YMCA

614 Kelly Lane, Louisiana, MO 63353
573-754-4497
twinpikefamilyymca.org

Facility Hours:

Monday - Friday | 5:30am-8:00pm
Saturday | 8:00am-5:00pm
Sunday | 1:00pm-5:00pm

Class Descriptions

AOA (Active Older Adults) - This class includes low impact aerobics, flexing and stretching, including some floor exercises.

Cardio Deep Water Running - Water belts are worn, so you don't have to be a swimmer. Your head and face are out of the water. At times water dumbbells will be used. At times interval and HITT will be performed. Any level can participate because everyone can go at their own pace. Great fun, challenging, and energizing. So great for your joints and muscles.

Core - 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

HITT - 30 minute high intensity interval training with a variety of exercises each week designed to increase your speed, Strength, & Athletic abilities. perfect for people of all fitness backgrounds

Karate - Our Karate program is led by experienced instructors for all ages and skill levels. Beginner class (5:30-6:15pm) Intermediate/Advanced (6:15-7:15pm).

Les Mills BODYPUMP® - Great bodies aren't born they are transformed! BODYPUMP® is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups. Spend one hour performing 800 repetitions and burning 500 calories. This class will change you.

SPINNING® - Provides a fun and challenging cardiovascular workout for all fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction.

Step Aerobic - 60-minutes of cardio training that uses exercise step in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy.

Yoga - Relax your spirit, mind, and body. This class is designed to increase flexibility by lengthening muscles and restore a positive mind/body balance. Reduce stress with less muscle tension.