



# GROUP EXERCISE SCHEDULE

## Twin Pike Family YMCA

**APRIL 2025**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30 am Morning Aerobics Tina		5:30-6:30 am Morning Weights Hannah	5:45-6:45 am 30/30 Hannah	
8:00-9:00 am Active Older Adults Tonya		8:00-9:00 am Active Older Adults Tonya			
9:00-10:00 am Yoga Margart					9:00-10:00 am Yoga Margart
PM Classes					
	5:30-6:30 pm Yoga Pingping				
6:00-7:00 pm Spin Becky		6:30-7:30 pm Dance Fitness Ashley	6:00-7:00 pm Spin Becky		

**Twin Pike Family YMCA**

614 Kelly Lane, Louisiana, MO 63353

573.754.4497

[twinpikefamilyymca.org](http://twinpikefamilyymca.org)

**Facility Hours:**

Monday-Friday | 5:30am-8:00pm

Saturday | 8:00am-5:00pm

Sunday | 1:00pm-5:00pm

# Class Description

**30/30**– HIIT cardio split– with a mix of Cycle, Track time, core or lightweight circuits– You in for a fun mix-n-match workout with high energy

**Active Older Adults**– low impact aerobics, flexing and stretching, including some floor exercises.

**Total Body**– Strength class that focus on all major muscle group of the body. Uses a combination of barbell, plates and bodyweight exercises.

**Morning Aerobics**– combines rhythmic aerobic exercise, stretching, and strength training to improve all aspects of fitness

**Spin**– 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.

**Yoga**– Relax your spirit, mind and body. Designed to increase flexibility by lengthen muscles and restore a positive mind/body balance. Reduces stress with less muscle tension

**Dance Fitness**– Fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

## Fitness Class

### Policies & Etiquette

- Wear appropriate exercise attire (shorts & t-shirts) and supportive exercise shoes when necessary.
- Refrain from “doing your own thing”. Follow instruction by the fitness instructor to ensure a safe class. If you need to modify your runtime for a specific reason notify the instructor before class.
- Be on time. We request that you not leave the class before it is dismissed so you are assured a proper cooldown and stretch
- Wipe down and return all equipment to its proper place.

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