

\*INDICATES  
 NEW CLASSES  
 DESIGNED  
 FOR SILVER  
 SNEAKERS  
 BUT ANYONE  
 MAY ATTEND!



**MONDAY**

CLASS	STARTS	ENDS	INSTRUCTOR(S)	LOCATION
BOOTCAMP	5:30 a.m.	6:30 a.m.	Carley M	Functional Fitness
BODYPUMP	9:30 a.m.	10:15 a.m.	Rachel A	Studio 4
CYCLE	10:30 a.m.	11:30 a.m.	Rachel	Studio 3
YOGA	10:30 a.m.	11:30 a.m.	Jess	Studio 1
Active Older Adults	11:45 a.m.	12:45 a.m.	Wendy	Functional Fitness
CORE & MORE	4:30 p.m.	5:30 p.m.	Linda	Studio 1
Vibe Cycling	4:30 p.m.	5:30 p.m.	Andrea	Studio 3
Strength & Endurance	5:30 p.m.	6:30 p.m.	Debbie S	Functional Fitness
BODYPUMP	6:00 p.m.	7:00 p.m.	Athena	Studio 4
BodyFlow	6:15 p.m.	7:15 p.m.	Joanna	Studio 1
Zumba	7:30 p.m.	8:30 p.m.	Amy	Studio 4

**TUESDAY**

Strength & Conditioning	5:30 a.m.	6:30 a.m.	Carley	Studio 4
Bootcamp	9:15 a.m.	10:00 a.m.	Jodi	Functional Fitness
Cardio Step Aerobics	9:30 a.m.	10:30 a.m.	Anna	Studio 4
Vinyasa Yoga	10:30 a.m.	11:30 a.m.	Shawna	Studio 1
Line Dancing	11:00 a.m.	12:00 p.m.	Wendy	Studio 4
Zumba Gold*	1:00 p.m.	2:00 p.m.	Carol	Studio 4
HIIT	4:00 p.m.	5:00 p.m.	Rodney	Functional Fitness
Full Body Power	4:30 p.m.	5:30 p.m.	Andrea/Staff	Studio 4
Barre	4:30 p.m.	5:15 p.m.	Joanne	Studio 1
Yoga	5:30 p.m.	6:30 p.m.	Jess	Studio 1
Xtreme Cycle	5:30 p.m.	6:30 p.m.	Brian	Studio 3
BODYPUMP	6:00 p.m.	7:00 p.m.	Athena	Studio 4
Zumba	6:30 p.m.	7:30 p.m.	Christine	Community Room

**WEDNESDAY**

Intro to Cycle	5:30 a.m.	6:30 a.m.	Mike C	Studio 3
LIIT	8:00 a.m.	9:00 a.m.	Carley	Functional Fitness
BODYPUMP	9:30 a.m.	10:15 a.m.	Rachel A	Studio 4
Cycle	10:30 a.m.	11:30 a.m.	Rachel	Studio 3
Yoga	10:30 a.m.	11:30 a.m.	Linda	Studio 1
ReFit	10:45 a.m.	11:45 a.m.	Melissa	Studio 4
Active Older Adults	11:45 a.m.	12:45 p.m.	Linda	Functional Fitness
EnerChi*	1:00 p.m.	1:30 p.m.	Carol	Studio 4
Vibe Cycling	4:30 p.m.	5:30 p.m.	Andrea M	Studio 3
Tabata	5:00 p.m.	5:45 p.m.	Jodi	Functional Fitness
Strength & Endurance	5:30 p.m.	6:30 p.m.	Debbie S	Studio 4
Pound	5:30 p.m.	6:30 p.m.	Brittany	Community Room
TRX Body Strength	5:30 p.m.	6:30 p.m.	Andrea	Studio 2
BodyFlow	6:15 p.m.	7:15 p.m.	Joanna	Studio 1
Zumba	7:00 p.m.	8:00 p.m.	Mike K	Community Room

PRO TIP: TRY A NEW CLASS IN THE NEW YEAR!

DO YOU KNOW YOUR NUMBERS?  
 YKNOWYOURNUMBERS.COM

**THURSDAY**

Cycle	5:30 a.m.	6:30 a.m.	Brian	Studio 3
Strength & Conditioning	5:30 a.m.	6:30 a.m.	Carley	Studio 4
Step Interval	9:30 a.m.	10:30 a.m.	Rachel A	Studio 4
Vinyasa Yoga	10:30 a.m.	11:30 a.m.	Jess	Studio 1
Zumba Gold*	1:00 p.m.	2:00 p.m.	Carol	Studio 4
HIIT	4:00 p.m.	5:00 p.m.	Rodney	Functional Fitness
Barre	4:30 p.m.	5:15 p.m.	Joanne	Studio 1
Full Body Power	4:30 p.m.	5:30 p.m.	Andrea/Staff	Studio 4
Yoga	5:30 p.m.	6:30 p.m.	Shawna	Studio 1
Vibe Cycling	5:35 p.m.	6:35 p.m.	Andrea M	Studio 3
BODYPUMP	6:00 p.m.	7:00 p.m.	Allyson	Studio 4
Hip Hop Class	7:00 p.m.	8:00 p.m.	Mike K	Community Room

**FRIDAY**

Bootcamp	5:30 a.m.	6:30 a.m.	Jodi	Functional Fitness
LIIT	8:00 a.m.	9:00 a.m.	Carley	Functional Fitness
Tabata	9:00 a.m.	10:00 a.m.	Jodi	Studio 4
CORE Strength	10:15 a.m.	11:15 p.m.	Jodi	Studio 1
RESTORATION FITNESS	10:15 a.m.	11:15 a.m.	Charity	Studio 4
Active Older Adults	11:45 a.m.	12:45 p.m.	Charity	Functional Fitness
BodyFlow	4:30 p.m.	5:30 p.m.	Joanna	Studio 1

**SATURDAY**

BODYPUMP	7:30 a.m.	8:30 a.m.	Allyson	Studio 4
Vibe Cycling	7:30 a.m.	8:30 a.m.	Andrea/Staff	Studio 3
Hip Hop Class	8:30 a.m.	9:30 a.m.	Mike K	Community Room
Cross Sculpt	8:45 a.m.	9:45 a.m.	Andrea/Staff	Studio 4
Flow Yoga	10:00 a.m.	11:00 a.m.	Andrea	Studio 1
Zumba	10:00 a.m.	11:00 a.m.	Mike K	Community Room
BODYPUMP	10:30 a.m.	11:30 a.m.	Athena	Studio 4

**SUNDAY**

TRX	1:00 p.m.	2:00 p.m.	Andrea	Studio 2
FLOW YOGA	2:10 p.m.	3:10 p.m.	Andrea	Studio 1

Please note: Group Fitness Classes may be moved to alternate spaces based on programming.

**JAN - MAR 2020  
 LIVE GROUP CLASS SCHEDULE**

**JOIN OUR BLOOD PRESSURE SELF-MONITORING PROGRAM!  
 ASK AT THE FRONT DESK ABOUT THIS PROGRAM OR HOW TO REGISTER!**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KOKOMO FAMILY YMCA

DELMAR E. DEMAREE FAMILY YMCA: 765.457.4447 • 114 N UNION ST. • KOKOMO, IN  
YMCA CHILD CARE: 765.236.2070 • 701 ST. JOSEPH DR. • KOKOMO, IN  
YMCA CAMP TYCONY: 765.457.4447 • CO RD S 300 N • KOKOMO, IN

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## BUILDING HOURS:

Mon-Fri: 4:30 am - 10:00 pm  
Saturday: 6:00 am - 9:00 pm  
Sunday: 11:00 am - 8:00 pm

## POOL HOURS:

Mon-Fri: 5:00 am - 8:30 pm  
Saturday: 6:00 am - 8:30 pm  
Sunday: 11:00 am - 7:30 pm

## PLAY & LEARN HOURS:

Mon-Fri: 8:30 am - 1:00 pm  
Mon-Fri: 3:30 pm - 8:00 pm  
Saturday: 8:00 am - 12:00 pm

Facilities CLOSED for: Easter | Christmas Day

Facilities will operate on a MODIFIED schedule on: Memorial Day | Independence Day | Thanksgiving | Christmas Eve | New Year's Eve & Day

Call, click or visit us at: 765.457.4447 • [www.kokomoymca.org](http://www.kokomoymca.org) • 114 N. Union St. • Kokomo

# GROUP FITNESS CLASS SCHEDULE

## CLASS DESCRIPTIONS

**Active Older Adults:** If you're at least 55 years young, join us 3 days a week for light exercise with stretching, hand weights, light cardio and more!

**Barre:** A hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. No dance experience needed. This energizing, empowering workout uses resistance bands, hand weights and more for an integrated, full-body experience.

**BODYPUMP:** is for ANYONE looking to get lean, toned and fit — fast! Using light to moderate weights with lots of repetition, instructors will coach you through a total-body workout set to great music, using an adjustable barbell, weight plates and body weight. Great for first-timers and veterans alike!

**Bodycombat:** is a high-energy martial arts-inspired workout. Punch and kick your way to fitness and burn those calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**Body Flow/Yoga:** This class will move your body through a continuous rhythm of deep stretching and powerful poses. Participants are encouraged to work at your own pace.

**Bootcamp:** High-intensity advanced class with modifications for all levels. An intense mix of jumping, calisthenics, and plyometrics will get you sweating and burning fat.

**Cardio Step Aerobics:** Moderate stepping, low impact aerobic steps, light weightlifting, and toning muscles.

**Combat & Conditioning:** Please ask our Wellness Staff about this class!

**Chair Yoga:** is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Chair Yoga improves flexibility, It can increase body strength while reducing the strain on your joints

**Cross Sculpt:** If you're a fan of Insanity and P90X, you'll love this challenging mix of strength, cardio and plyometrics !

**Full Body Power:** focuses a lot on the lower body with interval training. Our certified instructor will combine aerobic endurance training exercise with strength training that will create a sculpted body. It is similar to a Boot Camp Class that will incorporate squats and lunges along with some upper body exercises.

**GRIT:** LES MILLS GRIT Strength is a 30-minute, high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. Powerful music and inspirational coaches will help you go harder to get fit, fast.

**Hip Hop Dance:** Have fun dancing to your favorite old-school and new hip-hop tracks. Super high intensity, but FUN so you won't even notice that you're working out.

**HIIT (High-Intensity Interval Training):** Class consists of timed, high intensity work focusing on upper and lower body exercises with weights, along with running, jumping and core strength work. Functional exercises including squats, lunges, presses and rows are the basis for this full-body calorie burning class.

**Intro Cycle:** A coach takes you through a low-impact journey on our stationary bikes.

**Line Dancing:** Learn a variety of line dances. It's a fun, stress relieving and very social way to exercise. Utilizes and tones different muscle groups, improves coordination & rhythm, and can improve your mood! Get started breaking that workout monotony and boosting your metabolism!

**LITT (Low-Intensity Interval Training):** A mix of low-impact exercise intervals and generous rest intervals. Perfect for active older adults, anyone new to working out, or just getting back into working out, those recovering from injuries or anyone looking to mix up their normal routine.

**Pound:** By drumming along to the music at pound classes, you can burn fat, improve cardio, and experience a fun new workout at the Y.

**Restoration Fitness** This class is for all fitness levels with modifications provided to ramp up the intensity or lower the intensity to accommodate all fitness levels. We spend 25 minutes doing cardio (dancing, drumming, or kickboxing) and 25 minutes of choreographed light weight training to build up muscular endurance.

**Tabata:** You'll burn serious amounts of fat in this high-intensity interval training, consisting of several blocks with the same format: 20 seconds of work + 10 seconds of rest.

**Strength & Conditioning:** Get a full body workout while getting your heart rate up using just dumbbells and your own body weight. Class consists of 30 seconds of exercise followed by a brief 10 second rest. This class is great for any activity level and any experience level with modifications available to help each member fit the class to their own specific needs.

**Strength & Endurance:** The perfect mix of cardio and resistance. The class varies classic aerobic training like step or high/low with body weight, hand weights, resistance bands or barbells to keep your heart rate elevated and calories burning.

**TRX:** TRX exercise develops strength, balance, flexibility and core stability simultaneously. TRX leverages gravity and the user's body weight to complete hundreds of exercises for a full body workout. You will burn fat, build strength and improve heart health.

**Vibe Cycle:** Journey through a low-impact workout on our stationary bikes to upbeat music.

**Vinyasa yoga** is a discipline that utilizes postures and breathing techniques, offering health benefits to those who practice it, as it encompasses all areas of mind, body and spirit

**Zumba** is the Latin-inspired dance craze that started it all. This exhilarating, easy-to-follow fitness party will have you burning calories and having fun at the same time!

**Zumba Gold:** is a dance workout with latin and other international music. We learn the Merengue, Reggae, Salsa, Cumbia and other Latin dance steps. Zumba Gold a lower intensity class that is a fun workout for beginners and active seniors. The moves can be done standing or modifications can be made to include dancing from a chair.

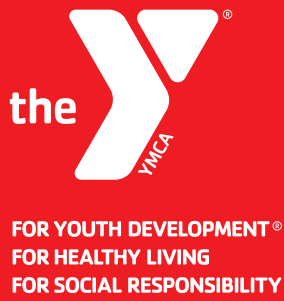


# LES MILLS VIRTUAL CLASS SCHEDULE

MONDAY	STARTS	ENDS	LEVEL	LOCATION	INSTRUCTOR
BODYCOMBAT	5:30 AM	6:30 AM	Everyone	Studio 4	VIRTUAL
RPM	6:00 AM	6:45 AM	Everyone	Studio 3	VIRTUAL
RPM	7:00 AM	8:00 AM	Everyone	Studio 3	VIRTUAL
RPM	8:00 AM	8:30 AM	Everyone	Studio 4	VIRTUAL
Meditation	12:00 PM	12:20 PM	Everyone	Studio 1	VIRTUAL
BODYCOMBAT Express	12:15 PM	12:45 PM	Everyone	Studio 4	VIRTUAL
RPM	12:15 PM	1:00 PM	Everyone	Studio 3	VIRTUAL
BODYFLOW	2:00 PM	2:40 PM	Beginner	Studio 4	VIRTUAL
RPM	2:30 PM	3:15 PM	Everyone	Studio 3	VIRTUAL
COMBAT	3:30 PM	4:30 PM	Everyone	Studio 4	VIRTUAL
RPM	3:30 PM	4:00 PM	Everyone	Studio 3	VIRTUAL
BODYFLOW Express Flexibility	8:45 PM	9:15 PM	Everyone	Studio 4	VIRTUAL
TUESDAY	STARTS	ENDS	LEVEL	LOCATION	INSTRUCTOR
RPM Express	5:00 AM	5:30 AM	Everyone	Studio 3	VIRTUAL
RPM	6:00 AM	7:00 AM	Everyone	Studio 3	VIRTUAL
BODYFLOW Express Flexibility	7:00 AM	7:30 AM	Everyone	Studio 4	VIRTUAL
COMBAT	8:00 AM	8:30 AM	Everyone	Studio 4	VIRTUAL
Meditation	12:00 PM	12:20 PM	Everyone	Studio 1	VIRTUAL
BODYPUMP Express	12:15 PM	12:45 PM	Everyone	Studio 4	VIRTUAL
RPM Express	12:30 PM	1:00 PM	Everyone	Studio 3	VIRTUAL
RPM	2:00 PM	2:30 PM	Beginner	Studio 3	VIRTUAL
BODYPUMP	3:00 PM	3:45 PM	Beginner	Studio 4	VIRTUAL
RPM	3:00 PM	4:00 PM	Everyone	Studio 3	VIRTUAL
BODYFLOW Express Flexibility	8:45 PM	9:15 PM	Everyone	Studio 4	VIRTUAL
WEDNESDAY	STARTS	ENDS	LEVEL	LOCATION	INSTRUCTOR
BODYCOMBAT	5:00 AM	6:00 AM	Everyone	Studio 4	VIRTUAL
RPM Express	8:00 AM	8:30 AM	Everyone	Studio 3	VIRTUAL
Meditation	12:00 PM	12:20 PM	Everyone	Studio 1	VIRTUAL
COMBAT	12:15 PM	12:45 PM	Everyone	Studio 4	VIRTUAL
RPM	12:15 PM	1:00 PM	Everyone	Studio 3	VIRTUAL
BODYFLOW	2:00 PM	3:00 PM	Everyone	Studio 4	VIRTUAL
RPM	2:00 PM	3:00 PM	Everyone	Studio 3	VIRTUAL
BODYPUMP	3:30 PM	4:30 PM	Everyone	Studio 4	VIRTUAL
BODYCOMBAT	7:30 PM	8:30 PM	Everyone	Studio 4	VIRTUAL
THURSDAY	STARTS	ENDS	LEVEL	LOCATION	INSTRUCTOR
BODYPUMP	5:30 AM	6:30 AM	Everyone	Studio 4	VIRTUAL
RPM EXPRESS	5:00 AM	5:35 AM	Everyone	Studio 3	VIRTUAL
RPM	6:00 AM	6:45 AM	Everyone	Studio 3	VIRTUAL
RPM EXPRESS	11:30 AM	12:00 PM	Everyone	Studio 3	VIRTUAL
Meditation	12:00 PM	12:20 PM	Everyone	Studio 1	VIRTUAL
BODYPUMP Express	12:15 PM	12:45 PM	Everyone	Studio 4	VIRTUAL
RPM Express	12:15 PM	12:45 PM	Everyone	Studio 3	VIRTUAL
BODYFLOW	2:30 PM	3:30 PM	Everyone	Studio 4	VIRTUAL
RPM	3:00 PM	4:00 PM	Everyone	Studio 3	VIRTUAL
BODYFLOW	7:30 PM	8:30 PM	Everyone	Studio 4	VIRTUAL
FRIDAY	STARTS	ENDS	LEVEL	LOCATION	INSTRUCTOR
COMBAT	5:00 AM	6:00 AM	Everyone	Studio 4	VIRTUAL
RPM	5:30 AM	6:30 AM	Everyone	Studio 3	VIRTUAL
BODY FLOW	6:00 AM	6:30 AM	Everyone	Studio 4	VIRTUAL
BODYPUMP	6:30 AM	7:30 AM	Everyone	Studio 4	VIRTUAL
Meditation	12:00 PM	12:20 PM	Everyone	Studio 1	VIRTUAL
BODYCOMBAT Express	12:15 PM	12:45 PM	Everyone	Studio 4	VIRTUAL
RPM	12:15 PM	1:00 PM	Everyone	Studio 3	VIRTUAL
BODYFLOW	2:00 PM	2:40 PM	Beginner	Studio 4	VIRTUAL
BODYPUMP	5:30 PM	6:30 PM	Intermediate	Studio 4	VIRTUAL
RPM	5:30 PM	6:15 PM	Everyone	Studio 3	VIRTUAL
BODYCOMBAT Express	6:45 PM	7:15 PM	Everyone	Studio 4	VIRTUAL
SATURDAY	STARTS	ENDS	LEVEL	LOCATION	INSTRUCTOR
RPM	11:00 AM	11:30 AM	Beginner	Studio3	VIRTUAL
BODYPUMP	1:00 PM	2:00 PM	Everyone	Studio 4	VIRTUAL
RPM	1:30 PM	2:15 PM	Intermediate	Studio 3	VIRTUAL
BODYFLOW Strength + Flexibility	3:00 PM	4:00 PM	Everyone	Studio 4	VIRTUAL
CXWORX	4:30 PM	5:00 PM	Everyone	Studio 4	VIRTUAL
RPM Express	5:15 PM	5:45 PM	Everyone	Studio 3	VIRTUAL
SUNDAY	STARTS	ENDS	LEVEL	LOCATION	INSTRUCTOR
BODYCOMBAT	12:30 PM	1:30 PM	Everyone	Studio 4	VIRTUAL
RPM	12:30 PM	1:00 PM	Beginner	Studio 3	VIRTUAL
BODYPUMP	2:00 PM	3:00 PM	Everyone	Studio 4	VIRTUAL
RPM	2:30 PM	3:15 PM	Intermediate	Studio 3	VIRTUAL
BODYFLOW	3:30 PM	4:30 PM	Everyone	Studio 4	VIRTUAL



Please note: Virtual Classes may be moved for special events or technical difficulties.  
 Download our app or follow us on Facebook for up-to-the-minute information.



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Saturday: 6:00 am - 8:30 pm  
Sunday: 11:00 am - 8:00 pm

### PLAY & LEARN HOURS:

Mon-Fri: 8:30 am - 1:00 pm  
Mon-Fri: 3:30 pm - 8:00 pm  
Saturday: 8:00 am - 12:00 pm

Facilities CLOSED for: New Year's Day | Easter | Christmas Day | Labor Day  
Facilities will operate on a MODIFIED schedule on: Memorial Day | Independence Day | Thanksgiving | Christmas Eve | New Year's Eve  
[www.kokomoymca.org](http://www.kokomoymca.org)

**LES MILLS**

# VIRTUAL CLASS SCHEDULE

### BODYCOMBAT

A high energy martial arts-inspired non-contact workout. In the 30 and 55-minute class you'll learn how to punch, kick and strike your way to superior fitness and strength.

### BODYFLOW

In a 30 to 55 minute workout, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

### BODYPUMP

This is the original barbell class – a weights class for absolutely everyone. The 30 or 55-minute class gives you a total body workout and will make you toned, lean and fit.

### MEDITATION

Escape your busy day to our daily voice-guided meditation class. Learn ways to relax your mind & body, develop positive energy and gain a new tool to deal with stress, anxiety and problems.

### RPM

This 45 and 50-minute indoor cycling classes is set to the rhythm of motivating music. It burns a lot of calories, gets you fit and leaves you feeling euphoric.

**ASK US ABOUT PERSONAL TRAINING - WE'LL GET SIDE BY SIDE WITH YOU ON YOUR JOURNEY!**

**NEW!**

**VIRTUAL  
MEDITATION**  
MONDAY THROUGH FRIDAY AT NOON

