



GROUP EXERCISE



OSAGE PRAIRIE YMCA • OCTOBER 2024

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM	Spin (Rachael)		Spin (Rachael)		Spin (Rachael)
8:00 AM	Water Aerobics (Renea)		Water Aerobics (Renea)		Water Aerobics (Renea)
8:30 AM					
8:30 AM	Centergy (Rachael)		Centergy (Rachael)		
9:15 AM		Osage Athletes (Miranda)		Osage Athletes (Miranda)	
9:30 AM	Silver Sneaker (Samie)		Silver Sneaker (Samie)		Silver Sneaker (Samie)
9:30 AM		Longevity (Kerri)		Longevity (Kerri)	
5:15 PM					Water Aerobics (Ann)
5:30 PM	Group Power (Kerri)		Group Power (Kerri)		"Wine" Down (Kerri) *Last Friday of Each Month Only*
5:30 PM		Osage Athletes (Lauren)		Osage Athletes (Lauren)	
5:30 PM	Water Aerobics (Ann)		Water Aerobics (Ann)		
6:15 PM		SWEAT Trey		SWEAT Trey	

CLASS DESCRIPTIONS

Centery

An invigorating mind-body workout incorporating yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and strength.

Group Power

A cutting edge workout that uses traditional strength exercises and integrated multi-planar exercises with a barbell, plates, and body weight to get muscle and movement strong.

Group Groove

An energizing dance fitness workout that is a fusion of club, urban, and Latin style dance styles set to the hottest hits that will have you sweating with a smile.

Longevity

This program is focused on 55+ demographics designed to restore/improve mobility first and applies scalable movements to improve overall health and fitness. Movement first, intensity second

Osage Athletes

A form of interval training with strength and conditioning workouts made up of functional movements performed at a high intensity

SilverSneakers

This class is a unique physical activity, lifestyle, and socially oriented program designed to encourage physical activity and foster an active lifestyle. The program promotes social interaction and encourages participation in healthy lifestyle activities, showing that it's easy to get fit, have fun, and make friends. *Chair bound or free mobility.

Spin

Spinning classes focus on resistance-based intervals, heart rate training, and something getting a full-body work out. The in-person instructor at the head of the class will lead you through each interval while riding along with you.

SWEAT

This class consists of varied functional fitness movements, cardio-based and relatively high-intensity interval training. With body weight and strength training options incorporated into each class, the quick-paced, 30-minute class is designed to make sure you SWEAT! Modifiable for most levels of ability.

Water Aerobics

Get a low-impact workout using the resistance of the water. Classes are open to any level of ability and workouts can be adapted to the intensity level that fits your goals. This class also offers social opportunities to connect with others.

"Wine" Down

Wind down the month with some stretching and glass of wine with friends. This class will be focused on relaxation and socialization.

CLASS ETIQUETTE

- Arrive to class 5-10 minutes prior to start time and plan to stay the full time.
- Turn cell phones off and keep chit-chat to a minimum during class time.
- Clean equipment after use and store away properly.