

Monday

8:30 Cycle  
9:15 Pilates  
9:30 Maken Waves  
10:30 Senior Splashes  
5:30 Pi-yo  
6:15 Cycle  
6:00 Intermediate Step  
6:30 Aquacize

Wednesday

9:00 30/30  
9:30 Maken Waves  
10:30 Senior Splashes  
5:30 Step Circuit  
6:30 Aquacize

Friday

9:00 Step and Ball  
9:30 Maken Waves  
10:30 Senior Splashes

Tuesday

9:00 Body Design  
9:00 Silver Sneakers  
10:00 Yoga  
6:00 Burn and Build  
6:15 Yoga

Thursday

8:30 Cycle  
9:00 Body Design  
10:00 Yoga  
11:15 Silver Sneakers  
6:15 Spin  
6:00 Body Design  
6:15 Yoga

## Bob Temple Northside YMCA

**30/30 (1hr)**- Keep it simple. Thirty minutes of cardio and thirty minutes of resistance training.

**Aquacize(1hr)**- High energy water aerobics class. Come get your splash on.

**Ballistic (45 min-1hr)**- Have a ball in our all over workout. Utilizes exercise balls and med balls to make working out fun. Come put a bounce in your step.

**Body Design (45 min-1hr)**- An instructor led lifting class. For the novice weight lifter, an excellent way to get acquainted with proper form and target muscle groups. For the advanced lifter, a great way to mix up your routine.

**Burn and Build (1hr)**- Squeezed for time? Jump in our all-inclusive class. Mixture of cardio and weights.

**Cycle(45 min)**- Group cycling class led by an instructor. This 45 minute cardiovascular class uses the spin bike for a great overall workout. All abilities welcome!

**Double Whammy(90min)**-Back to back classes (a cardio class followed by a body design class)

**Intermediate Step(45 min-1hr)**- A great mix of classic and new moves using the step. High intensity and high energy! Options given for varying ability levels.

**Maken Waves(45 min)**- Invigorating water aerobics class. Excellent class for anyone needing to take it easy on the joints. All levels welcome!

**Pilates(45min-1hr)**- Stretch and tone your way to improved posture, muscle balance, and flexibility

**PiYo(1hr)**-Mix of Pilates and Yoga.

**Senior Splashers(45 min)**-Designed for the young at heart that experience the aches and pains of arthritis, this incorporates moves designed to increase flexibility, range of motion, and balance.

**SilverSneakers®(45 min)**-A muscular strength and range of motion class which is designed to increase muscular strength, range of movement, and activity for daily living skills. Hand- held weights, elastic tubing with handles, and a ball are offered for resistance, and most importantly a chair is used for seated and/or standing support.

**Step and Ball(1hr)**- A combination of all things wonderful; the step and the exercise ball.

**Step Circuit(1hr)**- A combo class that mixes short increments of step(approximately 5-10 minutes) with short increments of weights, transitioning quickly between moves to keep the heart rate up.

**Yoga (1hr)**- Appropriate for all skill levels.

