### Group Exercise - Land & Water Classes
#### YMCA of Eau Claire Wisconsin
June 13th - June 30th

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
</table>
| 6am | Cycling  
Indoor Cycling Room  
Traci .  
6am - 6:45am | Cycling  
Indoor Cycling Room  
Traci .  
6am - 6:45am |  |  |  |  |
| 7am | Boot Camp  
Nelson Gym  
Kristi .  
6am - 6:45am |  |  |  |  |  |
| 8am | Hydro Aerobics  
Large Pool  
Ron .  
8am - 8:45am | Cycling  
Indoor Cycling Room  
Emily .  
9am - 9:45am | Hydro Aerobics  
Large Pool  
Ron .  
8am - 8:45am | Hydro Aerobics  
Large Pool  
Kim .  
8am - 8:45am |
| 9am | Everybody's Kickboxing  
Nelson Gym  
Sherri .  
9am - 9:45am | Everybody's Kickboxing  
Nelson Gym  
Sherri .  
9am - 9:45am | Cycling  
Indoor Cycling Room  
Emily .  
9am - 9:45am | Joint Efforts  
Large Pool  
Bobbi .  
9am - 9:45am |
| 10am | Joint Efforts  
Large Pool  
Deb .  
9am - 9:45am | Joint Efforts  
Large Pool  
Instructor Varies  
9am - 9:45am | Cardio Fusion  
Nelson Gym  
Cathie .  
9am - 9:45am | Cardio Fusion  
Nelson Gym  
Cathie .  
9am - 9:45am |
| 12pm | Strength, Balance & Flexibility (SBF)  
Nelson Gym  
Missy .  
10:30am - 11:15am | Strength, Balance & Flexibility (SBF)  
Nelson Gym  
Kassidy .  
10:30am - 11:15am | HIIT  
Nelson Gym  
Kassidy .  
12:15pm - 1pm | HIIT  
Nelson Gym  
Kristi .  
12:15pm - 1pm |
| 5pm | Zumba  
Nelson Gym  
Cindy .  
5:30pm - 6:15pm | Yoga  
Nelson Gym  
Emily .  
5:30pm - 6:15pm | Zumba  
Nelson Gym  
Cindy .  
5:30pm - 6:15pm | Yoga  
Nelson Gym  
Emily .  
5pm - 5:45pm | Aqua Zumba  
Large Pool  
Katie B.  
5pm - 5:45pm |

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.
Aqua Zumba - Aqua Zumba® is great for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine! Aqua Zumba® blends the Zumba® philosophy with water resistance, for one exciting party. WATER SHOES RECOMMENDED.

Boot Camp - High intensity workout including plyometrics, strength training, circuits, cardio, etc. This is a more advanced level class, but modifications will be shown.

Cardio Fusion - This class is a blend of aerobic exercise designed by the instructor for the class. Some of the likely elements of this cardio class will be: Step Aerobics, BOSU Ball, Hi/Lo Aerobics, and Kickboxing.

Cycling - This class is a cardiovascular workout performed to music on a stationary bike designed to mirror a road bike experience. Please arrive 10 minutes early to set up your bike. Bikes are available on a first come, first served basis.

Everybody's Kickboxing - This upbeat workout combines high and low impact to challenge all fitness needs. A total fitness class lasting 1 hour.

HIIT - Get fit with interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods!

Hydro Aerobics - A water exercise class designed for all levels of physical fitness. The water environment puts less stress on your body's joints while adding resistance to help improve your muscle tone. No swimming ability is required.

Joint Efforts - Promotes low-impact workout for adults with arthritis. This class will meet in the shallow portion of the pool.

PiYo - PiYo is a class that combines yoga poses with pilates mat exercises to build core strength and enhance agility and balance. PiYo is a faster-paced class than Yoga I and provides a moderately challenging workout, similar to Vinyasa (flow-style) yoga.

Strength, Balance & Flexibility (SBF) - Build strength in all of the major muscle groups and core! Weights, dynabands & stability balls will be used in this newly offered class which places an equal emphasis on exercises to improve balance & flexibility.

Yoga - Take time to shed the distractions and enjoy a reconnection with your body and senses. Concentration will be on exploring the essentials of breathing, posture, and lengthening.

Zumba - Perfect for everyone; we take the "work" out of workout by mixing low intensity moves for an interval-style, calorie burning fitness dance party.