GROUP FITNESS CLASSES

**Cost**
Walk-in: $3 per class
YMCA Membership includes Group Fitness

**Class Location**
301 S. Main St.
Independence, OR 97351

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:35am-7am</td>
<td>Muscle Pump Julie</td>
<td>Pilates Julie</td>
<td>Muscle Pump Julie</td>
<td>Pilates Julie</td>
<td>Muscle Pump Julie</td>
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<tr>
<td></td>
<td>9am-9:55am</td>
<td>Zumba Mike</td>
<td>Cardio Kickboxing Julie</td>
<td>Zumba Mike</td>
<td>Cardio Kickboxing Mike</td>
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<td></td>
<td>10am-10:55am</td>
<td>RIPPED Julie</td>
<td>Circuit Training Julie</td>
<td>RIPPED Julie</td>
<td>RIPPED Julie</td>
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<tr>
<td></td>
<td>11am-11:55am</td>
<td>Interval Step Julie</td>
<td>Interval Step Julie</td>
<td>Interval Step Julie</td>
<td>Interval Step Julie</td>
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<tr>
<td></td>
<td>12pm-1pm</td>
<td>Circuit Training Julie</td>
<td>Body Fit Julie</td>
<td>Body Fit Julie</td>
<td>Circuit Training Julie</td>
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</tbody>
</table>

**Evening Classes**

<table>
<thead>
<tr>
<th>Time</th>
<th>Teen Fitness: Zumba Mike</th>
<th>Teen Fitness: Kickboxing Julie</th>
<th>Teen Fitness: Poppin’ Bands Brent</th>
<th>Teen Fitness: Boot Camp Julie</th>
<th>Teen Fitness: Yoga Julie</th>
</tr>
</thead>
<tbody>
<tr>
<td>4pm-5pm</td>
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<tr>
<td>5:30pm-6:25pm</td>
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<td></td>
<td>Zumba Mike</td>
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<tr>
<td>6:30pm-7:25pm</td>
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<td></td>
<td></td>
<td>Club Y &amp; Line Dancing Mike</td>
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<tr>
<td>7:30pm-8:30pm</td>
<td>Flow Yoga Julie</td>
<td>Flow Yoga Julie</td>
<td>Flow Yoga Julie</td>
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</tbody>
</table>

**Monmouth-Independence Family YMCA**
301 S. Main St.
Independence, OR 97351
(503) 838-4042
www.theyonline.org

Updated: 9/30/2014
GROUP FITNESS CLASS DESCRIPTIONS:

Zumba: Exercise classes that are "fitness parties" that blend upbeat world music with easy to follow dance moves for a total body workout.

Y Club & Line Dancing: What better way to spend a Friday night than with Mike! Spend the class dancing to upbeat music and learn some line dancing moves too.

R.I.P.P.E.D: This total Body fitness formula has everything: Resistance, Plyometric, Endurance, Intervals, & Power moves. To help you improve and maintain your physique in ways that is fun, safe and extremely effective.

Cardio Kickboxing: This class combines the elements of boxing, martial arts and aerobics to provide physical conditioning and toning. Classes are choreographed in rounds, giving you a chance to improve your form and work on intensity.

Boot Camp: This is a high-intensive class of military style workouts. This class combines circuits training, obstacle courses, interval training and strength training.

Flow Yoga: You will move in a gentle rhythm from one pose to the next. You will use different inversion and arm balances and your core to stabilize your body to strengthen your muscles and lengthen them all at once.

Circuit Training: You will move from one exercise to another, each exercise works a different muscle group. It will include strength training, cardio stations, and flexibility.

Pilates: A body-conditioning routine that will build flexibility, strength, endurance and coordination without adding muscle bulk.

Interval Step: This is a high intensity Step class with sport drills for cardio vascular conditioning, lower and upper body sculpting, weights, and resistance bands.

Muscle Pump: Just like its name, this is a 30 minute class to help you achieve extra muscle tone to work on re-shaping your body and increasing strength and bone density.

Body Fit: A low-impact class designed to provide a well-rounded fitness workout for all ages and fitness levels. Body Fit utilizes weights while including movement and stretching to improve cardiovascular and muscle strength as well as flexibility.

Beginning November 3rd!

Teen Fitness: Join us at the Monmouth-Independence Family YMCA for the Teen Group Fitness program. Teen Group Fitness is only open to High School Students within the Central School District. We offer many group fitness programs throughout the day, but our 4PM classes are designed specifically with high school students in mind. No matter what your skill level these hour long classes will get you into shape.

All classes are designed to be taken by all fitness levels, unless noted.

Prices: Walk-ins: $3 per class
YMCA Membership: includes All-You-Can-Take Group Fitness Classes