



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# WINTER 2020 GROUP FITNESS



**FEBRUARY 15–MARCH 8**

**REYNOLDSBURG COMMUNITY CENTER YMCA**

## BRANCH HOURS

Mon–Thurs: 5:30am–9:00pm  
Friday: 5:30am–8:00pm  
Saturday: 7:00am–5:00pm  
Sunday: 11:00am–5:00pm

## TEEN CENTER

Mon–Thurs: 3:30pm–8:30pm  
Friday: 3:30pm–7:00pm  
Saturday: 10:00am–4:00pm  
Sunday: 11:00am–2:00pm

## STAY IN THE LOOP

Schedule subject to change.  
To keep up on the latest & greatest, download our Daxko app.

To view the most updated group exercise schedule and opt to receive notifications sent to your phone about cancellations and updates or view the schedule on the website: [ymcacolumbus.org/reynoldsburg/schedules](http://ymcacolumbus.org/reynoldsburg/schedules)

## CHILD WATCH HOURS

Mon–Thurs: 8am–12:30pm & 5–8:30pm  
Friday: 8am–12:30pm & 5–7pm  
Saturday: 8am–12:30pm  
Sunday: 11am–2pm

## KIDS ADVENTURE

Mon–Thurs: 5:00pm–8:30pm  
Friday: 5:00pm–7:00pm  
Saturday: 8:00am–12:30pm  
Sunday: 11:00am–2:00pm

**WELCOME TO THE REYNOLDSBURG COMMUNITY CENTER YMCA**

We're growing with the Reynoldsburg community.

Stay tuned as we update, adjust and add classes to our group fitness schedule.

**Join us on Facebook for updates, pictures, and fitness fun!**

We celebrate Black History Month and its root here at the YMCA. Find out more on at [YMCAColumbus.org](http://YMCAColumbus.org)



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# GROUP FITNESS SCHEDULE

## REYNOLDSBURG COMMUNITY CENTER YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOT CAMP</b> 6AM-6:30AM SYL—GX STUDIO	<b>STRONG by ZUMBA®</b> 6AM-6:30AM AMY—GX STUDIO	<b>BOOT CAMP</b> 6AM-6:30AM SYL—GX STUDIO		<b>BOOT CAMP</b> 6AM-6:30AM SYL—GX STUDIO	
				<b>YOGA FLOW</b> 6:30AM-7:20AM KATIE—MIND/BODY LOFT	
	<b>BOOT CAMP</b> 8AM-8:30AM ✓ KON—GX STUDIO		<b>BOOT CAMP</b> 8AM-8:30AM ✓ KON—GX STUDIO		<b>LES MILLS BODYPUMP™</b> 9AM-9:50AM ✓ KRISTIN/CAROL—GX STUDIO
<b>ZUMBA GOLD®</b> 9:30AM-10:20AM ✓ DENISE—GX STUDIO	<b>SILVERNEAKERS CARDIFIT</b> 9:30AM-10:20AM ✓ DENISE—GX STUDIO	<b>ZUMBA®</b> 9:30AM-10:20AM ✓ JENN—GX STUDIO	<b>ZUMBA GOLD®</b> 9:30AM-10:20AM ✓ RACHEL—GX STUDIO		<b>YOGA RESTORE</b> 9:30AM-10:20AM ✓ FRANCIA—MIND/BODY LOFT
	<b>SILVERNEAKERS CLASSIC</b> 11AM-11:50AM ✓ ALLI—GX STUDIO		<b>SILVERNEAKERS CLASSIC</b> 11AM-11:50AM ✓ DENISE—GX STUDIO		<b>ZUMBA®</b> 10:30AM-11:20AM ✓ DENISE/AMY—GX STUDIO
<b>TAI CHI</b> 11:30AM-12:20PM ✓ JACK—MIND/BODY LOFT				<b>ZUMBA TONING®</b> 11:30AM-12:20AM ✓ DENISE—GX STUDIO	
					<b>STRIKE</b> 11:30AM-12:20PM ✓ JANET—GX STUDIO
<b>SILVERNEAKERS YOGA</b> 12:30PM-1:20PM FRANCIA—MIND/BODY LOFT		<b>SILVERNEAKERS CLASSIC</b> 1:30PM-2:20PM CHRISTA—GX STUDIO			
<b>LES MILLS BODYPUMP™</b> 5:30PM-6:20PM ✓ LES—GX STUDIO		<b>YOGA STRETCH</b> 5:30PM-6:20PM ✓ FRANCIA—MIND/BODY LOFT		<b>ZUMBA®</b> 5:30PM-6:20PM ✓ CHRISTA—GX STUDIO	
<b>YOGA FLOW</b> 6PM-6:50PM ✓ KELLEY—MIND/BODY LOFT	<b>ZUMBA®</b> 6PM-6:50PM ✓ DENISE—GX STUDIO	<b>LES MILLS BODYPUMP™</b> 6PM-6:50PM ✓ TORI—GX STUDIO	<b>YOGA FLOW</b> 6PM-6:50PM ✓ FRANCIA—MIND/BODY LOFT		<b>BARRE</b> 12:30PM-1:20PM ✓ CHRISTA—GX STUDIO
<b>ZUMBA®</b> 6:30PM-7:20PM ✓ VICKI—GX STUDIO	<b>LES MILLS BODYLOW™</b> 6:30PM-7:20PM ✓ KRIS—MIND/BODY LOFT		<b>ZUMBA®</b> 6:30PM-7:50PM ✓ AMY—GX STUDIO	<b>LES MILLS BODYPUMP™</b> 6:30PM-7:20PM ✓ ERICA—GX STUDIO	
		<b>YOGA FLOW</b> 7PM-7:50PM ✓ KATIE—MIND/BODY LOFT	<b>TAI CHI *NEW TIME*</b> 7PM-7:50PM ✓ JACK—MIND/BODY LOFT		
<b>STRIKE</b> 7:30PM-8:20PM ✓ JANET—GX STUDIO	<b>LES MILLS BODYPUMP™</b> 7:30PM-8:20PM ✓ KRIS—GX STUDIO	<b>ZUMBA®</b> 7:30PM-8:20PM ✓ KATHERINE—GX STUDIO	<b>STRIKE</b> 7:30PM-8:20PM ✓ JANET—GX STUDIO		
<b>MONDAY</b> ✓ = CHILD WATCH 8am-12:30pm 5pm-8:30pm	<b>TUESDAY</b> ✓ = CHILD WATCH 8am-12:30pm 5pm-8:30pm	<b>WEDNESDAY</b> ✓ = CHILD WATCH 8am-12:30pm 5pm-8:30pm	<b>THURSDAY</b> ✓ = CHILD WATCH 8am-12:30pm 5pm-8:30pm	<b>FRIDAY</b> ✓ = CHILD WATCH 8am-12:30pm 5pm-8:30pm	<b>SATURDAY</b> ✓ = CHILD WATCH 8am-12:30pm  <b>SUNDAY</b> ✓ = CHILD WATCH 11am-2pm

**FITNESS | MIND/BODY | STRENGTH | DANCE FITNESS | VITALITY FITNESS**



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# CYCLING SCHEDULE

## REYNOLDSBURG COMMUNITY CENTER YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLING 6AM-6:45AM CHRISTINE	VIRTUAL CYCLE: COMING SOON 5:45AM-6:30AM	BREAK IT UP CYCLING 6AM-6:45AM CHRISTINE	VIRTUAL CYCLE: COMING SOON 5:45AM-6:30AM	CYCLING 6AM-6:45AM JENN	VIRTUAL CYCLE: COMING SOON 7:15AM-7:45AM
VIRTUAL CYCLE: COMING SOON 7:00AM-7:30AM	CYCLING 7:00AM-7:50AM√ JONEA	VIRTUAL CYCLE: COMING SOON 7:00AM-7:30AM	CYCLING 7:00AM-7:50AM√ JONEA	VIRTUAL CYCLE: COMING SOON 7:00AM-7:30AM	CYCLING 11:30AM-12:20PM√ JENN/JONEA
VIRTUAL CYCLE: COMING SOON 9:00AM-9:30AM	VIRTUAL CYCLE: COMING SOON 9:00AM-9:30AM	VIRTUAL CYCLE: COMING SOON 9:00AM-9:30AM	VIRTUAL CYCLE: COMING SOON 9:00AM-9:30AM	VIRTUAL CYCLE: COMING SOON 9:00AM-9:30AM	VIRTUAL CYCLE: COMING SOON 1:00PM-1:45PM
VIRTUAL CYCLE: COMING SOON 12:00PM-12:45PM	VIRTUAL CYCLE: COMING SOON 12:00PM-12:45PM	VIRTUAL CYCLE: COMING SOON 12:00PM-12:45PM	VIRTUAL CYCLE: COMING SOON 12:00PM-12:45PM	VIRTUAL CYCLE: COMING SOON 12:00PM-12:45PM	VIRTUAL CYCLE: COMING SOON 3:00PM-3:45PM
VIRTUAL CYCLE: COMING SOON 3:00PM-3:45PM	VIRTUAL CYCLE: COMING SOON 3:00PM-3:45PM	VIRTUAL CYCLE: COMING SOON 3:00PM-3:45PM	VIRTUAL CYCLE: COMING SOON 3:00PM-3:45PM	VIRTUAL CYCLE: COMING SOON 3:00PM-3:45PM	
VIRTUAL CYCLE: COMING SOON 7:00AM-7:30AM	VIRTUAL CYCLE: COMING SOON 6:00PM-6:45PM	CYCLING 5:30PM-6:20PM√ LISA	VIRTUAL CYCLE: COMING SOON 5:00PM-5:30PM	VIRTUAL CYCLE: COMING SOON 6:00PM-6:45PM	<b>SUNDAY</b>
BREAK IT UP CYCLING 6PM-6:50PM√ LISA	VIRTUAL CYCLE: COMING SOON 8:00PM-8:30PM	VIRTUAL CYCLE: COMING SOON 8:00PM-8:30PM	CYCLING 101 6PM-6:50PM√ LISA	VIRTUAL CYCLE: COMING SOON 8:00PM-8:30PM	VIRTUAL CYCLE: COMING SOON 12:00PM-12:45PM
					VIRTUAL CYCLE COMING SOON 2:45AM-3:30AM
					VIRTUAL CYCLE: COMING SOON 4:00AM-4:45PM



### SPiVi® : our virtual spin classes starting soon:

#### Live Group Experience

Spivi® turns traditional indoor cycling sessions into a fun and thrilling experience. Group activity is monitored in real time by Spivi's core engine which uses it to simulate outdoor riding experience projected on screen. Members can see their personal avatars on screen, track their training goals and gain better results over time.

#### Key Features

- Visualized Training Programs
- Live Performance Feedback
- Fitness Tests
- Social Networked
- Interactive Scene
- Team Competitions
- Performance Data
- Customize Your Workout Experience
- Data Analysis

MONDAY √ = CHILD WATCH 8am-12:30pm 5pm-8:30pm	TUESDAY √ = CHILD WATCH 8am-12:30pm 5pm-8:30pm	WEDNESDAY √ = CHILD WATCH 8am-12:30pm 5pm-8:30pm	THURSDAY √ = CHILD WATCH 8am-12:30pm 5pm-8:30pm	FRIDAY √ = CHILD WATCH 8am-12:30pm 5pm-8:30pm	SATURDAY √ = CHILD WATCH 8am-12:30pm
					SUNDAY √ = CHILD WATCH 11am-2pm



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# CLASS DESCRIPTIONS

## REYNOLDSBURG COMMUNITY CENTER YMCA

### CARDIO/CROSS TRAINING

**BOOTCAMP**—Improve your strength and stamina through this rugged workout. The class will be 25%-50% Strength, 50%-75% Cardio.

**STRONG by ZUMBA**—combines high intensity interval training with the science of Synced Music Motivation. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

### STRENGTH

**BARRE**—A fusion of traditional ballet movements and targeted muscle toning progressions to sculpt the body. Using resistance bands, dumbbells and body weight, you challenge your body with controlled movements. Ballet exercises combined with Pilates creates long, lean muscles.

**LES MILLS BODYPUMP**—Using light to moderate weights with lots of repetitions for a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music to help you achieve much more than you could on your own!

### DANCE

**ZUMBA**—Utilize the principles of fitness and resistance training, combined with Latin music and easy to follow dance movements to maximize caloric output.

**ZUMBA GOLD**—An invigorating, community-oriented dance-fitness class that feels fresh and fun! Move to the beat of your own speed with modified, low-impact moves for active older adults.

**ZUMBA TONING**—Using toning sticks, this class is designed to tone and strengthen while moving to the beat of the music.

### MARTIAL ARTS FITNESS

**STRIKE**—Improve your strength and stamina through this workout that is 50% Strength, 50% Cardio. A mix of kickboxing and strength training it is sure to get you heart pounding and have you looking forward to your next workout!

### AGELESS LIVING

**SILVERSNEAKERS CARDIOFIT**—An aerobics class that is safe, heart healthy and gentle on the joints. Includes easy-to-follow, low-impact movement for strength, flexibility and range of motion.

**SILVERSNEAKERS CIRCUIT**—Experience seated choreography alternated with standing work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill level.

**SILVERSNEAKERS CLASSIC**—Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**SILVERSNEAKERS YOGA**—Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

### CYCLING

**CYCLING 101**—Give a great spin to your workout as our instructors lead you through a safe and invigorating indoor cycling experience. Great for all levels.

**CYCLING**—Indoor cycling utilizes stationary bikes to focus on endurance, strength, intervals, high intensity and recovery. Instructors simulate hill-climbing, sprints, and races for a fantastic cardiovascular workout.

**BREAK IT UP CYCLING**—An interval-training workout. This class takes you on a great ride and adds strength endurance moves for upper body.

### MIND/BODY

**LES MILLS BODYFLOW**—This Yoga, Tai Chi, Pilates workout builds flexibility and strength and leaves you feeling centered and calm. Breathing, concentration and a carefully structured series of stretches, moves and poses to music creates a holistic workout that brings the body into a state of harmony and balance.

**YOGA FLOW**—A vigorous and challenging style of yoga that links postures and breath to build heat, flexibility, strength and mental focus.

**YOGA RESTORE**—This is the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

**YOGA STRETCH**—Move through vinyasa poses holding each one a little longer and feel the burn as you build muscle, inner strength and stamina.

**TAI CHI**—This meditative movement designed to help improve overall balance, strength, and flexibility through repetitious, fluid motion.