



# THE Y@WORK

GE Appliances

## APRIL GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CORE 5:45 - 6:00a Jonathan	PERSONAL BEST 5:45 - 6:00a Jonathan	CORE 6:00 - 6:15a Jonathan	PERSONAL BEST 5:45 - 6:00a Jonathan	CORE 5:45 - 6:00a Jonathan
HATHA YOGA 11:00 - 11:45a Natasha	BARRE 11:00 - 11:45a Rachel	CARDIO STEP 11:00 - 11:45a Autumn	TEAM TRAINING 11:00 - 11:45a Jonathan	CYCLING 11:00 - 11:45a Jonathan
HIIT 12:00 - 12:45p Jonathan	CYCLING 12:00 - 12:45p Jonathan	HATHA YOGA 12:00 - 12:45p Vedra	BARRE 12:00 - 12:45p Rachel	HIIT 12:00 - 12:45p Jenny
ZUMBA 5:15 - 6:00p Kandice		CYCLING 5:15 - 6:00p Greg	HATHA YOGA 5:15 - 6:00p Natasha	

### ALL CLASSES ARE FREE WITH MEMBERSHIP

For more information about group fitness classes or The Y @ Work,  
contact: Bobby Hicks 502-452-5415 or  
[BobbyHicks@geappliances.com](mailto:BobbyHicks@geappliances.com)

# Class Descriptions

**CYCLING:** This workout brings the fun and excitement of outdoor cycling indoors. A great cardiovascular workout! Come join a high energy, fun and hard working atmosphere! Please allow 5-10 minutes for proper bike setup prior to class.

**HIIT:** This interval class incorporates strength and cardio exercises in timed intervals followed by a quick recovery. Achieve maximum calorie burn with an incredible cardiovascular conditioning and all over body shaping.

**HATHA YOGA:** Is the most widely practiced form of Yoga, using body postures, breathing techniques, and meditation to help you achieve a sound, healthy body and a clear peaceful mind. Appropriate for all levels.

**CORE:** Core is a class that focuses on the muscles responsible for strong abdominals and a healthy back.

**PERSONAL BEST:** A workout session aimed to push yourself to achieve your highest level of performance, whether that means lifting heavier weights, doing more repetitions, running faster, and so on. Based on your personal capabilities and previous records.

**BARRE:** Bar is an energizing non-impact class that is designed to strengthen, tone and balance the entire body utilizing the ballet barre, light weights, bands and small balls. Barre class includes toning and muscle endurance exercises with an emphasis on the core, arms, glutes, and thighs.

**CARDIO STEP:** There's no better way to get a spring in your step than with a step class workout! You'll burn fat, tone muscles, and have fun while stepping to the music. All step classes have height adjustable steps so that you can start low and work your way up to a high level (In more ways than one).

**TEAM TRAINING:** The ultimate cross training workout challenge is here! The class is all out intensity. It will challenge anyone's fitness level and enhance your physical performance no matter where you are physically. Each class is completely around different equipment and sports - inspired cross training

**ZUMBA:** A fusion of Latin and international music/dance themes that create a dynamic, exciting workout! Based on interval training, Zumba is a mixture of body sculpting movements and easy-to-follow dance steps.