



THE Y @ WORK

GE Appliances

NOVEMBER GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLING 7-7:45am McKenna		CORE 6-6:15am Jonathan		CORE 5:45-6am Jonathan
HATHA YOGA 11-11:45am Natasha		CARDIO STEP 11-11:45am Autumn	YOGA 11-11:45am Sarah TEAM TRAINING 11-11:45am	CYCLING 11-11:45am Jonathan
HITT 12-12:45pm Jonathan	CYCLING 12-12:45pm Jonathan	HATHA YOGA 12-12:45pm Vedra	BARRE 12-12:45pm Sarah	HIIT 12-12:45pm Jenny
ZUMBA 5:15-6pm Kandice		CYCLING 5:15-6pm Greg		

ALL CLASSES INCLUDED WITH MEMBERSHIP

For more information about group fitness classes or The Y @ Work,
contact: Kendre Allen, 502-452-0999 or
Kendre.Allen@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 abdominal 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.