



THE Y@WORK

GE Appliances

NOVEMBER GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CORE 5:45–6:00am Jonathan	JUMP ROPE 5:45–6:00am Jonathan	CORE 5:45–6:00am Jonathan	JUMP ROPE 5:45–6:00am Jonathan	CORE 5:45–6:00am Jonathan
	BARRE 11:00–11:45am Rachel	CARDIO STEP 11:00–11:45am Autumn	CYCLING 11:00–11:45am Jonathan	JUMP ROPE 11:30–11:45am Jonathan
HIIT 12:00–12:45pm Jonathan	CYCLING 12:00–12:45pm Jonathan	HATHA YOGA 12:00–12:45pm Vedra	BARRE 12:00–12:45pm Rachel	HIIT 12:00–12:45pm Jenny
ZUMBA 5:15–6:00pm Kandice	BEGINNER YOGA 5:15–6:00pm Jessica	CYCLING 5:15–6:00pm Greg		

ALL CLASSES ARE FREE WITH MEMBERSHIP

For more information about group fitness classes or The Y @ Work,
 contact: Shannon Keen 502-452-5415 or
Shannon.Keen@geappliances.com

Update
 10/23/24

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.

BEGINNER YOGA: Discover basic yoga poses, body alignment and safety, breathing techniques, flexibility, strength, and mental preparation in this introductory class.

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

JUMP ROPE: Jumping rope is one of the most effective cardio workouts around, elevating your heart rate and engaging multiple muscle groups. It's a full-body workout that engages arms, core, abdominal muscles, chest, legs, and glutes. The neuromuscular focus benefits speed, agility, quickness, and coordination. This class is appropriate for all fitness levels and can be beneficial to your heart and brain as well.

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).

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.

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.