



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Cass County Family Y
March 1st - May 1st

905 East Broadway
LOGANSPORT, IN 46947
(574) 753-5141

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Body Blast Gymnasium Shelly Crozier 5:15am - 6am	TRX Group Aerobics Room Lyndsay Rozzi 5:30am - 6:15am	Body Blast Gymnasium Shelly Crozier 5:15am - 6am	TRX Group Aerobics Room Lyndsay Rozzi 5:30am - 6:15am	Body Blast Gymnasium Shelly Crozier 5:15am - 6am		
	TRX Group Aerobics Room Lyndsay Rozzi 5:30am - 6:15am						
6am	Spinning Spin Room Vicki Lebo 6:30am - 7:30am		Spinning Spin Room Vicki Lebo 6:30am - 7:30am		Spinning Spin Room Vicki Lebo 6:30am - 7:30am		
8am	Pickleball Gymnasium No Instructor 8am - 11am	Pickleball Gymnasium No Instructor 8am - 11am	Pickleball Gymnasium No Instructor 8am - 11am	Pickleball Gymnasium No Instructor 8am - 11am	Pickleball Gymnasium No Instructor 8am - 11am		
9am	Power Sculpt Group Aerobics Room Stacy Rans 9am - 10am	PraiseMoves SilverSneakers Room Peggy King 9:30am - 10:30am	Power Sculpt Group Aerobics Room Stacy Rans 9am - 10am	PraiseMoves SilverSneakers Room Peggy King 9:30am - 10:30am	Power Sculpt Group Aerobics Room Stacy Rans 9am - 10am	Cardio Blast Group Aerobics Room LuAnn Schroder 9am - 10am	
10am		Meditation Class Yoga Room Darlene Malott 10:30am - 11:30am		Meditation Class Yoga Room Darlene Malott 10:30am - 11:30am			
11am	FITT Group Aerobics Room Audrey Eaker 11am - 12pm	SilverSneakers SilverSneakers Room Elizabeth Kibble 11:30am - 12:30pm		SilverSneakers SilverSneakers Room Elizabeth Kibble 11:30am - 12:30pm	FITT Group Aerobics Room Audrey Eaker 11am - 12pm		
4pm		Power Up Group Aerobics Room Carrie Hickle 4:15pm - 5:15pm		Power Up Group Aerobics Room Carrie Hickle 4:15pm - 5:15pm			
5pm	Hard Core Abs Yoga Room Deb Patacsil 5pm - 5:30pm	Spinning Spin Room Dirinda Foster 5:30pm - 6:30pm	Cardio Blast Group Aerobics Room LuAnn Schroder 5:20pm - 6:20pm	Hard Core Abs Yoga Room Deb Patacsil 5pm - 5:30pm			
	Cardio Blast Group Aerobics Room LuAnn Schroder 5:20pm - 6:20pm	FITT Group Aerobics Room Audrey Eaker 5:30pm - 6:30pm		Yoga Yoga Room Deb Patacsil 5:30pm - 6:30pm			
	Yoga Yoga Room Deb Patacsil 5:30pm - 6:30pm			Spinning Spin Room Dirinda Foster 5:30pm - 6:30pm			
				FITT Group Aerobics Room Audrey Eaker 5:30pm - 6:30pm			
6pm	Zumba Group Aerobics Room Emily Smith 6:30pm - 7:30pm		Zumba Group Aerobics Room Emily Smith 6:30pm - 7:30pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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Class Descriptions

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Body Blast - 45min high-intensity interval training (HIIT) to help you burn calories and build lean muscle! The class is full of strength training and cardio exercises that work your muscles, lungs-improving both your aerobic and anaerobic systems.

Cardio Blast - This is a high energy, high impact class. It combines step aerobics, cardio endurance, and strength training that will burn calories and get your heart rate going! Workouts vary every class.

FITT - Physical activity is a multi-faceted behavior comprised of several components. These components include frequency, intensity, time and type (FITT). This class will incorporate these components by using our strength machines and free weights.

Hard Core Abs - This is a 30min class that includes various abdominal and core exercises. This class is great for all fitness levels.

Meditation Class - Become aware of your surroundings, your goals, your body and begin to live in the present. It also brings balance, rest, and a growing inner peace.

Pickleball - Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net.

Power Sculpt - This class helps build a strong core, back, butt, legs, and arms through high/low impact circuit interval training. It is great for building cardio endurance and focusing on all muscle groups.

Power Up - Power Up will challenge you with high-intensity cardio intervals, functional training moves, agility drills, strength training exercises, and more!

PraiseMoves - PraiseMoves is a series of stretching and strength-building postures, each linked to a verse of Scripture we focus upon while doing the posture. The Christian alternative to Yoga.

SilverSneakers - This is a program for senior citizens to help build muscle strength and gain muscle control. It is a great way to get your body into shape while having fun.

Spinning - This is a 60 minute, high-intensity class that works your lower body. It is ideal for shredding calories and developing cardiovascular endurance. This is for all fitness levels.

TRX - TRX is the original workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You decide how much to challenge yourself on each exercise by adjusting your body position to add or decrease resistance.

Yoga - This class will move your body through a continuous rhythm of deep stretching and powerful poses. It focuses on muscle strength, stability, flexibility, and relaxation. Participants are encouraged to work at their own pace.

Zumba - This class is an intense way to enhance the fitness party thrill. You will learn explosive choreography that will strengthen, balance, and stabilize your core. Experience step up cardio work in a whole new way. It is great for all fitness levels.