



Updated: 08/01/2022

IGNITE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Core & More (Kimberly)				Power & Strength (Kimberly)	
8:00 am			Cardio Circuit (Valerie)			
9:00 am		Functional Fitness (Jenelle)		HIIT (Valerie)		
9:00am	Pilates Reformer (Linda-Upstairs)	Pilates Reformer (Bonnie-Upstairs)	Pilates Reformer (Bonnie-Upstairs)	Pilates Reformer (Cassie-Upstairs)		
10:00am		Weights for Weight Loss (Jenelle)	Pilates Reformer (Janet-Upstairs)	Weights for Weight Loss (Jenelle)		
11:00am			Functional Training for Injury Prevention (Kip)			
4:00pm				Free Weight Training (Chris)		
5:00pm		Kickboxing (Jenelle)		Balance & Coordination (Valerie)		
6:30pm		HIIT (Valerie)				

All class are 55 minutes unless otherwise noted. Class and Personal Trainer subject to change check the app for the most up to date information.
Contact Healthy Living Director- Kimberly McLaughlin with any questions: KMcLaughlin@ppymca.org

All classes are held in the **IGNITE ZONE**

IGNITE CLASS DESCRIPTIONS

CARDIO TRAINING

Cardio Circuit

This class is a challenging mix of intense, dynamic core-stabilizing exercises and cardiovascular endurance to get the blood flowing and heart rate elevated

HIIT

Using both weights and body weight, this type of training involves repeated bouts of high intensity effort followed by varied recovery

Strength/Resistance Training

Strength and Power

This class combines common lifts with speed, agility and athletic conditioning. Common equipment used include free weights, hurdles, agility ladders and resistance bands. If you're looking to increase your one rep max, maximize your performance or even get your first pull up, then this is the class for you!

Free Weight Training

Work your full range of motion while maintaining control of your lift to increase overall strength using barbells and dumbbells. Whether you're just getting started or have some experience under your belt, this class will help you level up your lift.

Weights for Weight Loss

Want to gain strength, boost metabolism, and lose serious inches? Join us once or twice a week to learn how to lift heavy weights safely and how to lose body fat weight while increasing lean mass.

Functional Training for Injury Prevention

This training is designed to help you avoid injury and the set backs that come with it. Learn how to move your body for better movement patterns during every day activity or even your next athletic event.

Recovery Training

Balance and Coordination

this class uses body weight exercise and bands to work on a combination of balance, fall prevention and muscular strength

Functional Fitness

Staying independent by preventing injuries is important as we age. By combining resistance training with cardio, as well as incorporating balance and core work, you will gain confidence in your ability to maintain mobility and strength for the future.

COMBO STRENGTH/CARDIO TRAINING

Kickboxing

Combining boxing with strength and cardio, this workout will challenge any fitness level! Grab your boxing gloves and come ready for some sweaty fun together.

Core & More

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles followed by cardio or full body strength movements.

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