GROUP EXERCISE CLASS SCHEDULE

TUE THUR MON SAT WED FRI



5:30a-6:30a KARI S&F

ON THE GO **CARDIO**

8:00a - 9:00a CRISTENE S&F



9:15a - 10:15a ANGELA S&F

SILVER SNEAKERS YOGA

10:00a - 10:45a MARGIE YOUTH GYM

DANCE FITNESS

11:00a - 12:00p CRISTENE S&F



5:00p - 6:00p MOLLY D S&F





STRENGTH & CONDITIONING

5:30a - 6:30a AMY S&F

ON THE GO **CARDIO**

8:00a - 9:00a CRISTENE



9:15a - 10:15a MARYBETH/MICHELLE S&F

10:00a - 10:45a MARGIE

YOUTH GYM

DANCE FITNESS

11:00a - 12:00p

MAR

S&F

POWER

5:00p - 6:00p MOLLY D S&F

SILVER SNEAKERS SILVER SNEAKERS YOGA

10:00a - 10:45a MAR YOUTH GYM

EXPRESS RIDE

9:00a - 9:30a ANGELA

SCHW

9:30a - 10:00a

ANGELA

S&F

CORE

PILATES

11:00a - 12:00p ANGELA S&F

YOGA

4:30p - 5:30p JAKE YOUTH GYM

BLAST

5:00p - 6:00p MOLLY D S&F

SPIN FUSION*

5:30p - 6:15p SARAH SCHW



S&F



POWER

5:30a- 6:30a AMY/KARI S&F

EXPRESS RIDE

9:00a - 9:30a ANGELA SCHW



ANGELA S&F

SILVER SNEAKERS

10:00a - 10:45a MAR YOUTH GYM

PILATES

11:00a - 12:00p ANGELA S&F

YOGA

4:30p - 5:30p JAKE YOUTH GYM

5:00p - 6:00p **MARYBETH** S&F

SPIN FUSION*

5:30p - 6:15p SARAH SCHW



5:30a- 6:30a AMY S&F

ON THE GO **CARDIO**

8:00a - 9:00a CRISTENE



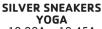
S&F

ZUMBA

POWER

8:15a - 9:15a AMY/KARI S&F

9:30a - 10:30a **JACKIE** S&F



10:00A - 10:45A CRISTENE YOUTH GYM

DANCE FITNESS

11:00a - 12:00p MAR S&F





CLASS DESCRIPTIONS

DANCE FITNESS* Incorporates several types of low impact dance moves for all fitness levels.

GROUP ACTIVE 60-minute workout that improves cardiovascular fitness, builds total-body strength, and enhances Movement Health, featuring innovative and athletic exercises using dumbbells, body weight, and THE STEP.

GROUP BLAST Highly effective 60-minute workout to improve cardio fitness, agility, coordination, power, and strength

with athletic cardio training and motivational coaching.

Grow longer & stronger with this 60-minute workout incorporating yoga and Pilates fundamentals with **GROUP CENTERGY**

athletic training for strength, balance, mobility, and flexibility.

30-minute workout for a stronger core, from your shoulders to your hips. Improves athletic performance **GROUP CORE**

through innovative exercises utilizing your body weight, weight plates, THE STEP, and a towel.

GROUP FIGHT 60-minute workout that builds cardio fitness, total-body strength, and coordination. Combines adrenaline-

fueled MMA movements with other cutting-edge exercises.

Cutting-edge, 60-minute strength training workout designed to build muscle and improve athletic **GROUP POWER**

performance using an adjustable barbell, weight plates, body weight, and THE STEP.

ON THE GO CARDIO* No steps! No equipment! Just you and the music. This is a low impact aerobic & toning workout.

> **PILATES*** A method of exercise that consists of low-impact flexibility and muscular strength and endurance

movements. Emphasizes proper postural alignment, core strength, and muscle balance.

SILVER SNEAKERS* Move to the music with a variety of exercises designed to increase muscular strength, range of movement,

and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for

resistance, as well as a chair for seated and/or standing support.

Includes a blend of 3 yoga styles creating harmony of movement for the whole body. Taught from seated **SILVER SNEAKERS**

and standing positions, this workout enhances restorative breathing, muscular endurance, flexibility,

balance, and overall well-being.

YOGA*

YOGA*

30-minute cycling workout to improve cardio fitness and endurance. SPIN/EXPRESS RIDE

45-minute HIIT (High Intensity Interval Training) spin cycling workout which works multiple muscle groups **SPIN FUSION**

and pushes cardiovascular endurance to burn maximum calories.

High intensity workout with a mix of cardio, plyometrics, and body weight movements. A total body **STRENGTH &** workout for legs, arms, and core. The format is intervals at maximum effort. CONDITIONING

A mind and body practice combining physical postures, breathing techniques, and meditation or relaxation

to promote mental and physical well-being.

Moves to create a caloric torching, strength-training, dance fitness experience. ZUMBA*

THINGS TO KNOW: • Group Fitness classes are FREE to YMCA Members

Classes are appropriate for various ages

Classes marked with an * are appropriate for beginners