

GROUP EXERCISE CLASS SCHEDULE

MON

TUE

WED

THUR

FRI

SAT



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



6:15p - 7:15p
ROI
S&F

EXPRESS RIDE

9:00a - 9:30a
ANGELA
SCHW



9:30a - 10:00a
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
MOLLY D
S&F

SPIN FUSION*

5:30p - 6:15p
SARAH
SCHW



6:15p - 7:15p
MARYBETH
S&F

STRENGTH & CONDITIONING

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

ON THE GO CARDIO

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



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

SILVER SNEAKERS YOGA

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

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



5:00p - 6:00p
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6:15p - 7:15p
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10:00a - 10:45a
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YOUTH GYM

DANCE FITNESS

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



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

ZUMBA

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



*Reservations available in the Decatur YMCA app!

DECATURYMCA.ORG

EFFECTIVE 1/20/2024

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.
GROUP CENTERGY	Grow longer & stronger with this 60-minute workout incorporating yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility.
GROUP CORE	30-minute workout for a stronger core, from your shoulders to your hips. Improves athletic performance 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.
GROUP POWER	Cutting-edge, 60-minute strength training workout designed to build muscle and improve athletic 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.
SILVER SNEAKERS YOGA*	Includes a blend of 3 yoga styles creating harmony of movement for the whole body. Taught from seated and standing positions, this workout enhances restorative breathing, muscular endurance, flexibility, balance, and overall well-being.
SPIN/EXPRESS RIDE	30-minute cycling workout to improve cardio fitness and endurance.
SPIN FUSION	45-minute HIIT (High Intensity Interval Training) spin cycling workout which works multiple muscle groups and pushes cardiovascular endurance to burn maximum calories.
STRENGTH & CONDITIONING	High intensity workout with a mix of cardio, plyometrics, and body weight movements. A total body workout for legs, arms, and core. The format is intervals at maximum effort.
YOGA*	A mind and body practice combining physical postures, breathing techniques, and meditation or relaxation to promote mental and physical well-being.
ZUMBA*	Moves to create a caloric torching, strength-training, dance fitness experience.

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