

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

RESTORE YOGA
10:15p - 11:15p
CRYSTAL
YZONE

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
KARI
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

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


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


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


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

EXPRESS RIDE
9:00a - 9:30a
ANGELA
SCHW


9:30a - 10:00a
ANGELA
S&F

SILVER SNEAKERS
10:00a - 10:45a
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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
AMY
SCHW


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

**ON THE GO
CARDIO**
8:00a - 9:00a
CRISTENE
S&F


9:15a - 10:15a
MICHELLE H
S&F

**SILVER SNEAKERS
YOGA**
10:00a - 10:45a
CRISTENE
YOUTH GYM

DANCE FITNESS
11:00a - 12:00p
MAR
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 4/15/2024

CLASS DESCRIPTIONS

- DANCE FITNESS*** Incorporates several types of low impact dance moves for all fitness levels.
- EXPRESS RIDE** 30-minute cycling workout to improve cardio fitness and endurance.
- 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.
- RESTORE YOGA*** Improve strength, stability, and flexibility in both body and mind. Challenge yourself in a slow-paced yoga class designed to support every body. Whether you have a consistent gym practice, are recovering from an injury, or any place in between, this supportive class will help restore and bring balance to your fitness routine.
- 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 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