



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

## Group Fitness Schedule

### Thanksgiving Break November 21<sup>st</sup> – November 27<sup>th</sup>, 2022

Classes are free for Facility Members age 16 and older. Space is limited and social distancing guidelines must be followed at all times. To reserve a space in class, please use the YMCA On The Go App (Water Fitness included). For the safety of all members, **please do not enter classes already in progress.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Master Swim 5:00-6:00am Ann- Lap Pool	Boot Camp 5:30-6:30am Kevin/ Grade- Gym			
Bootcamp 5:30-6:30am Kevin/Grade- Gym	Group Cycle 5:15-6:00am Yonika- FS 1	Group Cycle 5:30-6:15am Jen B- CR			
	Master Swim 6:15-7:15am Ann- Lap Pool	Low Impact Cardio/Strength 8:00-9:00am Yesenia- FS 1	<b>Happy Thanksgiving</b>	Boot Camp 6:30-7:30am Javante- Gym	
Pilates Fusion 7:00-7:45am Julie- FS 1		Group Cycle 8:15-9:00am Yonika- CR	<b>YMCA CLOSED</b>		Group Cycle 7:30-8:15am Melissa- CR
Low Impact Cardio/Strength 8:00-9:00am Yesenia- FS 1	Cycle/ Sculpt 9:15-10:15am Marenda - CR	Vinyasa Yoga 9:15-10:15am Kim G- FS 2			Pilates 8:35-9:20am Cyndi- FS 1
Pumped Up 9:15-10:00am Kristen- FS 1	Burn the Bird 9:15-10:00am Suzuka- FS 1		<b>Happy Thanksgiving</b>	Vinyasa/Restorative 9:00-10:00am Kim G- FS 2	Zumba Toning ®* 9:30-10:15am Greta- FS 1
	Water Fitness 9:30-10:15am Mariah		<b>YMCA CLOSED</b>		
			<b>Happy Thanksgiving</b>		
			<b>YMCA CLOSED</b>		
					<b>SUNDAY</b>
					Masters Swim 7:00-8:00am Ann- Lap Pool
STRONG Nation® 5:30-6:15pm Kristen - OS/FS 1	HIIT 5:00- 5:45pm Suzanne - FS 1		<b>Happy Thanksgiving</b>		
Strength Train Together 6:30-7:30p Minerva- FS 1	WERQ 6:00-6:45pm Atiya - FS 1	WERQ® 6:00- 6:45pm Kristen - FS 1	<b>YMCA CLOSED</b>		
Hatha Yoga 7:10-8:20pm Neeta - FS2					Strength Train Together 9:30-10:30am Greta - FS 1

#### Sunday Cycle Rotations:

9/4 Marenda	11/6 Amy M
9/11 Jen B	11/13 Jen B
9/18 Vicky	11/20 Marenda
9/25 Esmeralda	11/27 NO CLASS
10/2 Vicky	12/4 Vicky
10/9 Erin	12/11 Jen B
10/16 Esmeralda	12/18 Marenda
10/23 Jen B	
10/30 Erin	



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**Kids Corner Hours:** Monday-Friday: 8:45am-12:00pm Monday-Friday: 4:30-8pm  
**Saturday-Sunday:** 8:30-12pm **Activity Center Hours:** Monday-Friday 3:00-8pm

**CARDIO ATHLETIC CLASSES:** Limited choreography, easy to follow classes that range from int. to adv. intensity.

**Boot Camp:** For those looking for a challenging workout. You can expect running, plyometrics, cardio and strength drills, obstacle courses etc. Any level, can be modified.

**Group Cycling:** A variation of rides including hills, climbs, speed-play, and jumps set to music to increase your cardio output. Some classes may resemble road rides and use virtual guided scenery.

**Cycle/Sculpt:** A mixed format that includes cycle elements along with intervals of strength training.

**Kick Boxing:** High intensity cardio class using boxing technique to make it fun and challenging. Int/Adv. Can be modified.

**Barre:** A ballet inspired class that does include more fitness-type exercises. This class focuses on strength and endurance as well as balance and flexibility. This class would be appropriate for intermediate to advanced participants.

**Morning Mix:** This class Rotates between a bootcamp, STRONG, and interval, and strength formats.

**STRENGTH TRAINING CLASSES:** Easy to follow classes that follow traditional strength training principles for all fitness levels.

**Strength Train Together™:** This MOSSA™ barbell class, will sculpt, tone and strengthen your entire body, FAST! A great workout for all levels. This class includes functional movements that help keep you strong and healthy for daily life.

**Low Impact Cardio/Strength:** A class that includes cardio, strength, balance and stretching designed for people who are looking for a complete, safe workout that can be modified to provide a great workout for individuals with limitations as well as to fit active adults. And its lots of fun!!!

**Pumped Up:** This general strength training class uses dumbbells, BOSU, bands, and more to help you improve strength, balance, and core stability.

**HardCore:** A core focused workout for 30 minutes, working all angles of the core- flexibility, mobility, strengthening, and conditioning.

### CHOREOGRAPHED CARDIO CLASSES:

**Step & Sculpt:** This is a step aerobics class with some choreography that also includes core work, strength training and stretching. Any level. **\*Regular Step class does not include weights**

**Zumba:** This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. **\*Zumba Toning-** incorporates your favorite moves and adds light weights.

**WERQ:** This is a fun class that uses Hip Hop and Top 40 hits to motivate you to dance your way to fitness. A fusion of exercise and hip hop dance. Any level..

**Pound:** This class uses lightly weighted drum sticks (Ripstix) in a rhythmic pattern to tone and tighten your body. Any Level.

**STRONG Nation :** Combines body weight, muscle conditioning, and plyometric movements to increase your fitness level.

Movements are set to music and are at various levels of intensity, kickboxing and MMA elements are throughout the workout.

### MIND BODY FITNESS CLASSES:

**Hatha Yoga:** Yoga has physical, psychological and spiritual benefits. While working on challenging postures, breathing exercises and meditation you will improve your strength and flexibility, mental clarity and general wellbeing while controlling stress.

**Pilates:** A multi-level fitness routine that will increase and create balance between strength and flexibility. You can expect longer and leaner muscles, stress relief, improved posture, coordination, balance, flexibility and increased core strength. Pilates is not recommended for those with osteoporosis.

**Pilates Fusion:** Much like our regular Pilates class, Fusion adds functional movement

**Vinyasa Yoga:** A powerful vinyasa flow class designed to strengthen the entire body, enhance toning, increase flexibility and promote circulation. Intense enough for advanced students and a variety of modifications offered to welcome new students looking for a challenge.

Last Updated- 11/01/2022