



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

## Group Fitness Schedule

### Winter Fitness Classes January 8 – March 10, 2024

Classes are free for Facility Members age 16 and older. Space is limited. 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.** \*Starts week of October 16<sup>th</sup>.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Master Swim 5:00-6:00am Marcy - Lap Pool		Master Swim 5:00-6:00am Marcy- Lap Pool		
Bootcamp + 5:15-6:00am Kevin/Julie- Gym	Group Cycle 5:15-6:00am Yonika- FS 1	Boot Camp 5:15-6:15am Kevin/ Julie- Gym	Yoga 5:15-6:15am Esther- FS 2	Boot Camp 5:15-6:15am Kevin/ Julie- Gym	
	Master Swim 6:15-7:15am Marcy- Lap Pool	Group Cycle 5:30-6:15am Jen B- CR	Group Cycle 5:30-6:15am Courtney- FS 1		
			Master Swim 6:15-7:15am Marcy - Lap Pool	Gentle Vinyasa Yoga 7:00-8:00am Kim G- FS 2	Group Cycle 7:30-8:15am Melissa- CR
Low Impact Cardio/Strength 8:00-9:00am Yesenia- FS 1	Y Walkers 8:15-9:00am Melissa G- Gym	Pumped Up 7:00-7:45am Marenda- FS 1	Water Fitness 8:00-8:45am Minerva- Lap Pool	Low Impact Cardio/Strength 8:00-9:00am Yesenia- FS 1	Pilates 8:35-9:20am Cyndi- FS 1
Pilates 8:45-9:30 Cyndi- FS 2	Cycle/ Sculpt 9:15-10:10am Marenda - CR	Low Impact Cardio/Strength 8:00-9:00am Yesenia- FS 1	Pilates 8:10-8:55am Cyndi- FS 1	Water Fitness 8:30-9:15am Rhonda- Lap Pool	Zumba Toning®* 9:30-10:15am Greta- FS 1
Water Fitness 9:00-9:45am Minerva- Lap Pool	Cardio Mix * 9:15-10:00am Suzuka- FS 1	Vinyasa Yoga 9:15-10:15am Kim G- FS 2	Y Walkers 8:15-9:00am Melissa G- Gym	Step/Sculpt 9:15-10:05am Alyson- FS 1	Group Cycle 9:30-10:15 Esmeralda- CR
Pumped Up 9:15-10:00am Kristen- FS 1	Water Fitness 9:15-10:00am Mariah	Cycle/Sculpt 9:15-10:10am Marenda-CR	Zumba 9:00-9:45am Minerva - FS 2	Yoga 9:15-10:15am Kay- FS 2	
Barre 10:15-11:00am Vicky- FS 1	Breathing/Meditation 10:30-11:30am Shila- FS 1	Water Fitness 9:30-10:15am Rhonda- Family Pool	HIIT 9:15-10:00am Suzuka- FS 1	HIIT 10:15-11:00am Suzanne- FS 1	
					<b>SUNDAY</b>
STRONG 5:30-6:15pm Kristen -FS 1			Zumba 5:30-6:15pm Greta- FS 1		Masters Swim 7:00-8:00am Marcy - Lap Pool
Group Cycle 6:15-7:00pm Erin- CR	HIIT 5:00- 5:45pm Suzanne - FS 1	Cycle/Sculpt 5:30-6:20pm Yonika- CR	Group Cycle 6:15-7:00pm Yonika- CR	Group Cycle 6:15-7:00pm Andrea- CR	STRONG Nation® 8:30-9:15am Julie W - FS 1
Strength Train Together 6:30-7:30pm Minerva - FS 1	Crd Mobility 6:00-6:45pm JoJo- FS 1	Strength Train Together 5:45pm-6:45pm Minerva- FS 1	Pound 7:00-7:45pm Anna- FS 1		<b>Tone N Tighten*</b> <b>9:15-10:15am</b> <b>Andrea- WC</b>
Hatha Yoga 7:10-8:20pm Neeta - FS2	<b>Tone N Tighten*</b> <b>6:15-7:15pm</b> <b>Melissa- WC</b>	<b>TRX</b> <b>7:00-7:45pm</b> <b>Amy M- CR</b>	Masters Swim 7:00-8:00pm Marcy - Lap Pool		Group Cycle 9:30-10:15am Rotates- CR
<b>Adult Hip Hop*</b> <b>7:30-8:15pm</b> <b>Kristen- FS 1</b>	WERQ 7:00-7:45pm JoJo- FS 1	WERQ® 7:00- 7:45pm Kristen - FS 1	Hatha Yoga 7:10-8:20pm Neeta - FS 2		Strength Train Together 9:30-10:30am Greta - FS 1

#### Sunday Cycle Rotation:

1/14: Erin                      3/3: Suzanne  
1/21: Jen B                    3/10: Marenda  
1/28: Marenda  
2/4: Suzanne  
2/11: Katie K  
2/18: Erin  
2/25: Vicky



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

## Group Fitness Schedule

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

**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.

**Cardio Mix:** This class Rotates between Kickboxing and Step/Sculpt.

**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 uses 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.

**Gentle Vinyasa Yoga:** Keeping the principles of a Vinyasa, the gentle flow of the movements will give the same benefits without the continuous 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.

**Circl Mobility:** This class uses a mix of flowing movements, static stretches and balance to improve and stimulate recovery. Great for those wanting needing an alternative to high impact or those needed to add flexibility training.

Last Updated- 09/27/2023