



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE – 2<sup>nd</sup> & 3<sup>rd</sup> FLOORS

Effective Jan 2<sup>nd</sup> – March 30<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cycling</b> David 5:30-6:15am CS	<b>Circuit</b> Brianna 5:00-5:45am GXS	<b>Cycling</b> Jim 5:30-6:15am CS	<b>Circuit</b> Brianna 5:00-5:45am GXS	<b>Cycling</b> Jim 5:30-6:15am CS	<b>BODYPUMP®</b> Stacey 7:00-8:00am GXS
<b>Yoga</b> Stephanie 5:45-6:45am MBS FF	<b>Barre Pilates</b> Stacey 5:45-6:30am MBS FF	<b>Yoga</b> Stephanie 5:45-6:45am MBS FF	<b>Pilates</b> Stacey 5:45-6:30am MBS FF	<b>Yoga</b> Abbie 5:45-6:45am MBS FF	<b>Cycling Circuit</b> Jim 8:00-9:00 am CS
<b>BODYATTACK®</b> Katie 5:45-6:45am GXS		<b>BODYATTACK®</b> Katie 5:45-6:45am GXS			<b>HIIT</b> Emily 8:15-9:00am GXS
<b>Aqua Zumba®</b> Cathi S. 6:00-6:45am	<b>BODYPUMP®</b> Diane 6:00-7:00am GXS	<b>Aqua Zumba®</b> Cathi S. 6:00-6:45am	<b>BODYPUMP®</b> Diane 6:00-7:00am GXS	<b>Total Body Conditioning (TBC) - Dan</b> 5:45-6:45am GXS	<b>Yoga</b> Kelly 9:15-10:15am MBS
<b>SilverSneakers® Classic</b> Danielle 9:00-10:00am GXS		<b>SilverSneakers® Classic</b> Danielle 9:00-10:00am GXS		<b>SilverSneakers® Classic</b> Sadie 9:00-10:00am GXS	<b>MixedFit®</b> Maria 9:15-10:15am GXS FF
<b>HIIT</b> Michelle 10:30-11:30am GXS		<b>HIIT</b> Michelle 10:30-11:30am GXS			
<b>BODYPUMP®</b> Kirsten 11:45am-12:45pm GXS	<b>Barre</b> Chelsea 12:00-1:00pm MBS FF	<b>BODYPUMP®</b> Mary 11:45am-12:45pm GXS	<b>Yoga</b> Renee 12:15-1:15pm MBS	<b>BODYPUMP®</b> Jodi 11:45am-12:45pm GXS	
<b>Cycling</b> Jim 12:15-1:00pm CS	<b>Total Body Conditioning (TBC)</b> Rowan 12:15-1:00pm GXS	<b>Cycling</b> Theresa B. 12:15-1:00pm CS	<b>Total Body Conditioning (TBC)</b> Rowan 12:15-1:00pm GXS	<b>Cycling</b> Mary 12:15-1:00pm CS	
<b>Cycling</b> David 4:30-5:15pm CS	<b>Aquacise</b> 5:00-5:45pm	<b>Cycling</b> Bill 4:30-5:15pm CS	<b>Barre</b> Jamie 5:15-6:15pm MBS FF		
<b>Cycling</b> David 5:30-6:15pm CS	<b>Pilates</b> Jamie 5:15-6:15pm MBS FF	<b>Cycling</b> Bill 5:30-6:15pm CS			
<b>HIIT</b> Melissa 5:20-6:00pm GXS	<b>Total Body Conditioning (TBC) - Dan</b> 5:30-6:30pm GXS	<b>HIIT</b> Melissa 5:20-6:00pm GXS	<b>Total Body Conditioning (TBC) - Dan</b> 5:30-6:30pm GXS		
	<b>Cycling Circuit</b> Jim 5:30-6:15pm CS		<b>Cycling Circuit</b> Emily 5:30-6:15pm CS		
<b>Yoga</b> Abbie 6:00-7:00pm MBS FF		<b>Yoga</b> Cierra 6:00-7:00pm MBS FF			
<b>BODYPUMP®</b> Angela 6:15-7:15pm GXS	<b>DanceFit</b> Maria 6:45-7:45pm GXS FF	<b>BODYPUMP®</b> Angela 6:15-7:15pm GXS	<b>DanceFit</b> Maria 6:45-7:45pm GXS FF		

SUNDAY
<b>BODYPUMP®</b> Angela 3:30-4:30pm GXS

LEGEND	CS Cycling Studio Floor 2	POOL Floor 2 	MBS Mind Body Studio Floor 3	GXS Group Exercise Studio Floor 3	NEW INSTRUCTOR NEW CLASS NEW TIME	FF Family Friendly Age 10-13 with an Adult, 14+
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# DOWNTOWN YMCA – Class Descriptions

## AQUA CLASSES

**Aquacise:** a moderately high aerobics workout without traumatic impact to the joints. The instructor will try a variety of different aerobics workouts. No swimming experience required.

**Aqua Zumba®:** a challenging, water-based workout that's cardio conditioning, body toning and exhilarating. This workout features the same Latin-style dancing found in Zumba and adds in extra resistance as participants move through the water, making the workout more intense. Instructor can modify for individuals that would like a less intense workout.

**Deep Water:** Workout is a moderate intensity water workout with no impact on your joints. Must be comfortable in the deep water. Noodles or belts are used during class. Take your marathon, triathlon and cycling to the next level!

## ACTIVE OLDER ADULT CLASSES

**SilverSneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

## CARDIO CLASSES

**BODYATTACK®:** is a high-energy interval training class combining athletic aerobic movements with strength and stabilization exercises.

**Cycling:** Get an aerobic workout that's easy on your joints with Cycle class. Our indoor Cycle classes simulate outdoor riding with sprinting, hill climbing and other techniques. Classes may include core work too, to strengthen your abdomen and lower back. All levels are welcome, and workouts can be adapted to fit your goals and needs.

**Cycling Circuit:** Traditional cycling class format broken up into intervals incorporating, strength and plyometric work off of the bike. Wear tennis shoes to accommodate all exercises.

**DanceFit:** is a great aerobic workout that puts a dance spin on conventional fitness moves. Whether you have two left feet or are a seasoned dancer, this addictive workout is a great way to have fun and get in shape. This class is designed to bring you the best all over body workout while moving to a mix of old-school jams and the latest chart-topping hits to get your heart pumping. The intensity can be adjusted by modifying moves to fit your body's needs and abilities. Get fit, get toned, make friends and have fun.

**MixedFit®:** is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive.

## MIND BODY CLASSES

**Barre:** Barre is a blend of low impact, high intensity cardio moves and strength training focusing on long, lean muscle building. Inspired by traditional ballet, yoga and Pilates, each class will focus on your core, glutes, thighs and arms. Bare feet or sticky socks are ideal for full extension. Dance experience NOT required.

**Barre Pilates:** This class will be a fusion of Barre technique and traditional Pilates. Other equipment will be incorporated: barre, large and small stability balls, weights, bands, Pilates circles, and blocks.

**Pilates:** This is a conditioning program that improves muscle control, flexibility, coordination, strength and tone. Based on proper breathing, good posture and intense concentration, the exercises are performed on a mat.

**Yoga:** builds a strong body, mind and spirit. This class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Chair support or yoga props are offered to safely perform exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## STRENGTH CLASSES

**BODYPUMP®** is designed for all fitness levels. This barbell class delivers real results, real fast. This athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, this class strengthens, tones and defines the body as nothing else can.

## STRENGTH CARDIO COMBO CLASSES

**Circuit:** combines upper and lower body strength moves with cardiovascular work to keep your heart rate up. This fun, challenging class is designed for all fitness levels.

**HIIT:** High Intensity Interval Training has participants working through challenging cardio intervals while actively recovering with strength moves.

**Total Body Conditioning (TBC):** Participants can expect intervals of high intensity cardio and strength training to create a fitness training experience. This class will improve participants overall fitness, agility, speed and athleticism in this high intensity class. Modifications can be made for all fitness levels but be prepared to push yourself!