



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE – 2nd & 3rd FLOORS

Effective May 28th – September 1st, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling David 5:30-6:15am CS	HIIT Grace 5:30-6:10 am Gym	Cycling Jim 5:30-6:15am CS	HIIT Grace 5:30 – 6:10 am Gym	Cycling Jim 5:30-6:15am CS	BODYPUMP® Stacey 7:00-8:00am GXS
Yoga Stephanie 5:45-6:45am MBS FF	Barre Pilates Stacey 5:45-6:30am MBS FF	Yoga Stephanie 5:45-6:45am MBS FF		Yoga Abbie 5:45-6:45am MBS FF	Cycling Circuit Jim 8:00-9:00 am CS
BODYATTACK® Katie 5:45-6:45am GXS		BODYATTACK® Katie 5:45-6:45am GXS		Total Body Conditioning (TBC) – Dan 5:45-6:45am GXS	HIIT Emily 8:15-9:00am GXS
Aqua Zumba® Cathi S. 6:00-6:45am	BODYPUMP® Diane 6:00-7:00 GXS	Aqua Zumba® Cathi S. 6:00-6:45am	BODYPUMP® Diane 6:00 – 7:00 GXS		Yoga Kelly 9:15-10:15am MBS
SilverSneakers® Classic Tammy 9:00-9:55am GXS		SilverSneakers® Classic Sadie 9:00-9:55am GXS		SilverSneakers® Classic Michelle 9:00-9:55am GXS	MixedFit® Maria 9:15-10:15am GXS FF
20/20/20 Michelle 10:00 – 11:00am GXS	LIIT Michelle 10:00 – 11:00 am GXS	20/20/20 Michelle 10:00 – 11:00 am GXS	LIIT Michelle 10:00 – 11:00 am GXS		
BODYPUMP® Kirsten 11:45am-12:45pm GXS		BODYPUMP® Mary 11:45am-12:45pm GXS		BODYPUMP® Angela 11:45am-12:45pm GXS	
Cycling Jim 12:15-1:00pm CS	Yoga Sydney 12:15-1:15pm	Cycling Michelle 12:15-1:00pm CS	Yoga Renee 12:15-1:15pm MBS	Cycling Mary 12:15-1:00pm CS	
	Total Body Conditioning Rowan 12:15-1:00pm GXS		Total Body Conditioning Rowan 12:15-1:00pm GXS		
Restorative Yoga Michelle M 4:30-5:30 pm		Cycling Bill 4:30-5:15pm CS			
Cycling David 4:30-5:15pm CS	Circuit Jim 5:00 – 6:00				
Cycling David 5:30-6:15pm CS	Pilates Jamie 5:15-6:15pm MBS FF		Barre Jamie 5:15-6:15pm MBS FF		
HIIT Melissa 5:30 – 6:10pm GXS	Cycling Circuit Emily 5:30-6:15pm CS	HIIT Melissa 5:30-6:10pm GXS	Cycling Circuit Emily 5:30-6:15pm CS		
Yoga Abbie 6:00-7:00pm MBS FF		Yoga Cierra 6:00-7:00pm MBS FF			
BODYPUMP® Michelle 6:15-7:15pm GXS	DanceFit Maria 6:45-7:45pm GXS FF	BODYPUMP® Angela 6:15-7:15pm GXS	DanceFit Maria 6:45-7:45pm GXS FF		
LEGEND	CS Cycling Studio Floor 2	 POOL Floor 2	GXS Group Exercise Studio Floor 3	MBS Mind Body Studio Floor 3	NEW INSTRUCTOR NEW CLASS NEW TIME

SUNDAY
Yoga Kelly 12:30-1:30 MBS FF
BODYPUMP® Angela 3:30-4:30pm GXS

DOWNTOWN YMCA – Class Descriptions

AQUA CLASSES

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.

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.

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.

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 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.

LIIT: Low impact intervals of cardio and strength designed to elevate the heart rate and increase muscular endurance while still being gentle on knees, hips and other joints. Ideal for the very Active Older Adult, the participant returning to the gym after time off, or the active participant looking for a strong active recovery day.

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!

20/20/20: 20 minutes of cardio, weights, and abs/core each! This class increases your strength and metabolism by working all the major muscle groups using weights, tubing and balls. If you like to change up your workouts, try new things and be challenged, this is the class for you. This is a great strength and aerobic workout.

USC: Ultimate Strength & Cardio (USC) is an interval workout for muscular strength, endurance and cardiovascular systems that focuses on functional training utilizing weights, body weights and variable resistance.