




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE – 2nd & 3rd FLOORS

Effective September 2nd – December 21st, 2019

Please Note: There will be a separate schedule for holidays, including:
Thanksgiving Day, November 28th Friday after Thanksgiving, November 29th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling David 5:30-6:15am CS	Circuit Grace 5:15 – 6:00 am Gym	Cycling Jim 5:30-6:15am CS	Circuit Grace 5:30 – 6:15 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	Core and More Sarah 5:45 – 6:30 am MBS	Yoga Abbie 5:45-6:45am MBS FF	Cycling Circuit Jim 8:00-9:00 am CS
BODYATTACK® Katie 5:45-6:45am GXS	BODYPUMP® Diane 6:00-7:00 GXS	BODYATTACK® Katie 5:45-6:45am GXS	BODYPUMP® Diane 6:00 – 7:00 GXS	Total Body Conditioning Dan 5:45-6:45am GXS	HIIT Emily 8:15-9:00am GXS
HIIT / TBC Rowan 8:05 – 8:50am GXS	Attack / Pump express Michelle 8:05 – 9:00 GXS	HIIT / TBC Michelle 8:05 – 8:50am GXS	Intro to Capoiara Tommy 8:05 – 9:00 am MBS		Core and More Dan 9:15 – 9:45 am CS
SilverSneakers® Classic Tammy 9:00-9:45am GXS	AOA LIIT Michelle 9:10 – 9:55 am GXS	SilverSneakers® Classic Michelle 9:00-9:45am GXS		SilverSneakers® Classic Kathleen 9:00-9:45am GXS	Yoga Kelly 9:15-10:15am MBS
Aqua Interval Tammy 10:00- 10:45am	Aqua Zumba @ Hiroko 10:00-10:45 am	Aqua-cise Colleen 10:00 –10:45am	LIIT Michelle 10:10 – 10:55 am GX	Aqua Interval Kathleen 10:00- 10:45am	MixedFit® Maria 9:15-10:15am GXS FF
BODYPUMP® Kirsten 11:45am-12:45pm GXS	Total Body Conditioning Rowan 12:15-1:00pm GXS	BODYPUMP® Mary 11:45am-12:45pm GXS	Total Body Conditioning Rowan 12:15-1:00pm GXS	BODYPUMP® Angela 11:45am-12:45pm GXS	
Cycling Jim 12:00-12:45pm CS	Yoga Kathleen 12:15-1:15pm MBS	Cycling Michelle 11:45-12:30pm CS	Yoga Renee 12:15-1:15pm MBS	Cycling Mary 12:00-12:45pm CS	
Cycling David 4:30 – 5:15 pm CS	Aqua-Blast Colleen 4:30 – 5:15pm	Cycling Bill 4:30 – 5:15 pm CS	Aqua Zumba @ Hiroko 4:30- 5:15pm		SUNDAY
Yoga Michelle M 4:30-5:30 pm MBS	LIIT Melissa 4:30-5:15 pm GXS	Zumba @ Amy 4:30 – 5:15 PM GXS	LIIT Melissa 4:30 – 5:15 PM GXS	POUND @ Beth 5:00-5:45pm Results room, 1 st Floor	Yoga - FF Kelly 12:30-1:30 MBS
	Pilates Jamie 5:15-6:15pm MBS		Barre Jamie 5:15-6:15pm MBS		BODYPUMP® Angela 3:30-4:30pm GXS
	Cycling Circuit Emily 5:30-6:15pm CS		Cycling Circuit Emily 5:30-6:15pm CS		
HIIT Michelle 5:30 – 6:10pm GXS	TBC * Begins Sept 10 Dan 5:30-6:30PM GXS	HIIT Sarah 5:30-6:10pm GXS	TBC * Begins Sept 12 Dan 5:30 – 6:30PM GXS		
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
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DOWNTOWN YMCA – Class Descriptions

AQUA CLASSES

Aqua Intervals: Aqua Interval incorporates elements of cardio and strength training. Participants will be encouraged to work at a level that challenges them giving a great workout.

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.

Aqua-cise : This low-impact class emphasizes cardiovascular fitness, muscle endurance, and flexibility at a moderate level. Participants need to be comfortable in the water but will not be working in the deep end.

Aqua Blast: Moderate to high intensity levels of cardio and muscular endurance utilizing your own body against the resistance of the water; dumbbells and noodles are also used for added resistance and variety of movements. Participants will be given the option to challenge themselves in the deep end.

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.

Zumba ® : Zumba(R) mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Much of the music used in this class is Latin-rhythm inspired.

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!

