



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE – 2nd & 3rd FLOORS

March 1 – May 24, 2020

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 5:15 – 6:00 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 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 Mary 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	Active Together Michelle / Theresa 5:45 – 6:45AM GXS	HIIT Emily 8:15-9:00am GXS
				TBC Dan 5:45 – 6:45AM SR	
SilverSneakers® Stability Dan 9:00-9:45am GXS	Active Together Michelle 9:00 – 10:00am GXS	SilverSneakers® Classic Michelle 9:00-9:45am GXS	Active Together Theresa 9:00 – 10:00am GXS	SilverSneakers® Classic Sadie 9:00-9:45am GXS	Core and More Dan 9:15 – 9:45 am CS
Silver Sneakers @ Splash Hiroko 10:00- 10:45am	Aqua Zumba @ Hiroko 10:00-10:45 am	Aqua-cise Colleen 10:00 –10:45am			Yoga 9:15-10:15am MBS
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	Body Pump Melissa 11:45am-12:30pm GXS	MixedFit Maria 9:15-10:15 am GXS FF
Cycling Jim 12:00-12:45pm CS	Yin Yoga Kathleen 12:15-1:15pm MBS	Cycling Michelle 12:00-12:45pm CS	Yoga Renaee 12:15-1:15pm MBS	Cycling Mary 12:00-12:45pm CS	Yoga 10:30-11:30am MBS
	Aqua-Blast Colleen 4:30 – 5:15PM		Aqua Hiroko 4:30 – 5:15PM		
Active Together Michelle 4:30 – 5:30 PM GXS		Active Together Michelle 4:30 – 5:30 PM GXS	Pound @ with Beth 5:00 – 5:45 PM Results Room		SUNDAY
Yoga Michelle M 4:30-5:30 pm MBS	Pilates Jamie 5:15-6:15pm MBS		Barre Jamie 5:15-6:15pm MBS		Active Together Diana 11:30 – 12:30 GXS
Cycling David 5:30 – 6:15 pm CS	Cycling Circuit Emily 5:30-6:15pm CS	Cycling Bill 4:30 – 5:15PM CS and 5:30 – 6:15 pm CS	Cycling Circuit Emily 5:30-6:15pm CS		Yoga - FF 12:30-1:30 MBS
HIIT Melissa 5:30 - 6:15pm GXS	TBC Dan 5:30-6:30PM GXS	HIIT Melissa 5:30-6:15pm GXS	TBC Dan 5:30 – 6:30PM GXS		BODYPUMP® Angela 1:00-2:00pm GXS
Yoga Abbie 6:00-7:00pm MBS FF	Intro to Capoeira Tommy 6:30 – 7:15 MBS	Yoga Cierra 6:00-7:00pm MBS FF	Intro to Capoeira Tommy 6:30 – 7:15 MBS		
BODYPUMP Express Michelle 6:25 - 7:15pm GXS	DanceFit Maria 6:45-7:45pm GXS FF	BODYPUMP Express Diana 6:25-7:15pm 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	SR = Strength Room By the Free weights Floor 1

DOWNTOWN YMCA – Class Descriptions

AQUA CLASSES

Silver Sneakers Splash: Jump in for a fun, shallow-water class that improves agility, flexibility, and endurance. This is a great low-impact option. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

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.

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.

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.

Silver Sneakers ® Stability: Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

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.

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.

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.

Yin Yoga: Yin Yoga is a slow-paced practice where poses are held for a longer period of time in a relaxed manner, 45 seconds up to 3 minutes or more. There are around 20 classical poses (+ variations) in the Yin yoga repertoire which might appear easy at first glance, the challenge remains in keeping stationary while cultivating stillness. Utilizes props to assist the practitioner find comfort and calm in the posture.

Core and More: Focus on core strengthening exercises for abdominal and back muscles to improve posture and assist with improved functioning for a healthy lifestyle.

Capoeira: Capoeira is a traditional folk sport from Brazil with elements of self-defense, acrobatics, dance and music. This is a beginner level introduction to basic capoeira movements and conditioning. Embrace a new challenge and develop your coordination, mobility, and endurance while learning footwork, escapes and kicks!

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!

Active Together: ACTIVE TOGETHER is an innovative 60-minute workout that improves cardiovascular fitness, builds total body strength and enhances movement health for daily life. Inspiring music and supportive coaching will insure you succeed with simple, athletic exercises that use dumbbells, bodyweight, and The STEP™.