



GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Something for every *Body!* Cardio, Strength, Restoration, Flexibility, Balance.

What are the benefits of regular exercise?

Controls weight, Combats health conditions and diseases, Improves mood, Boosts energy, Promotes better sleep, provides positive Social interaction.

Start off 2023 with a new healthy You!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 AM Cycling (Cycle) Kim	5:05-5:50 AM TRX Kim Z (St. 2)	5:00-6:00 AM Cycling (Cycle) Kim	5:05-5:50 AM Total Body Blast Kim Z (St. 1)	5:00-6:00 AM Cycling (Cycle) Kim	
6:10-6:50 AM Sunrise Stretch <i>(thru 1/11/23)</i> Andi (1)	6:00-6:45 AM Yoga – Teresa (St. 1)	6:10-6:50 AM Sunrise Stretch <i>(thru 1/11/23)</i> Andi (1)	6:00-6:45 AM Yoga - Teresa (St. 1)		
	8:30-9:15 AM Total Body Blast/HIIT Annie (St. 1)		8:30-9:15 AM Total Body Blast/HIIT Annie (St. 1)		8-8:50 AM Power Pump Jen (St. 1)
8:30-9:30 AM Zumba Elissa - (St. 1)	9:45-10:45 AM Gentle Yoga Flow Robert (St. 1)	8:30-9:30 AM Zumba Elissa - (St. 1)	9:45-10:45 AM Gentle Yoga Flow Laura (St. 1)	8:30-9:30 AM Zumba Elissa - (St. 1)	9:00-10:00 Yoga Robert (St. 1)
	10-10:45 AM *Circuit Training Kathy (St 2/Floor)		10-10:45 AM *Circuit Training Kathy (St 2/Floor)		
10-11:00 AM Enhance Fitness (SILVER & FIT) Kathy (St. 1)	11-12:00 PM Advanced Tai Chi Leo (St. 1)	10-11:00 AM Enhance Fitness (SILVER & FIT) Kathy (St. 1)	11-12:00 PM Advanced Tai Chi Leo (St. 1)	10-11:00 AM Enhance Fitness (SILVER & FIT) Kathy (St. 1)	
12-1:00 PM Multi-Level Yoga Sarah (St. 1)	12-1:00 PM Intermediate Tai Chi Leo (St. 1)		12-1:00 PM Intermediate Tai Chi Leo (St. 1)		
5:15-5:55 PM Rowing Challenge <i>4 members max/1st come, 1st served</i> Tom (Fitness Floor)	1:00-1:30 PM Beginner's Tai Chi Leo (St. 1)	4:00-4:40 PM Rowing Challenge <i>4 members max/1st come, 1st served</i> Tom (Fitness Floor)	1:00-1:30 PM Beginner's Tai Chi Leo (St. 1)		
5:20-6:15 PM Full Body Workout Donna (St. 2)	4:00-5:00 PM Cycle Mike (Cycle)	5:20-6:15 PM Full Body Workout Donna (St. 2)	4:00-5:00 PM Cycle Mike (Cycle)		
5:00-7:00 Muay Thai <i>(Starting 1/9/23)</i> Dylan (St. 3)	4:00-4:45 PM Cardio Kickboxing Dylan (St. 3)	6:00-6:45 PM Cardio Kickboxing Dylan (St. 3)	4:00-4:45 PM Cardio Kickboxing Dylan (St. 3)		

Fitness Center Hours:
24/7 for 18+

Staffed hours:
M-Fri 7:30 AM-7:30 PM

Sat 10 AM-2 PM

Kid Zone available
(ages 1-9):

M-Fri 8:30-12:00 PM

M-Thurs 4:00-7:00 PM

Sat 10:00-2:00 PM

Youth 10 years and older are encouraged to participate in YMCA Fitness classes! Supervision not required.

New class/time/format

Parenthesis = Location

Italics = Paid program

*This is an 8-week class.

Classes are subject to change without notice. Please check YMCA website and Facebook often for updates.

1/1/2023

Please See Class Descriptions on Back

All classes can be adjusted for multiple fitness levels

Classes are evaluated every 60 days and need adequate attendance #'s to remain on the schedule.

Class Descriptions

Cardio Emphasis

Cardio Kickboxing – This class consists of impact to a punching bag with use of hands and feet in a way that will increase blood flow, aid in weight loss, increase cardiovascular health and overall fitness and performance. This class can be easy to intense – and modified for all fitness levels.

Cycling – An overall cardio and fitness workout including strength training using stationary bicycles. This class offers varying levels of intensity for the different needs of participants. Beginners to advanced students are encouraged to attend and will benefit from this class.

Muay Thai Kickboxing – Thai style kickboxing involving punches, kicks, knees, elbows, throws and takedowns. Personal mouth guard recommended; other gear provided. This class is for ages 14 and up.

Rowing Challenge – For those who have fun setting and meeting short term goals, this class format will vary. It will include HIIT workouts and middle-distance row/weight lifting combinations and new and fun innovative sessions. Participants should already have been exercising and are ready for an increase in intensity. Class is limited to 4 participants; first come first served.

Zumba – Fuses Latin rhythms and easy to follow aerobic dance moves to create a dynamic fitness class blending cardio and muscle-toning. All fitness levels are welcome and encouraged. Ditch the workout and join the party! Classes offer extra modification support, while pushing those who want to go to the max. A great way to burn off calories while having fun!

Strength Emphasis

Circuit Training – This class will help you learn how to use fitness center strength equipment, while helping you develop a solid personal workout including a warm-up, going through a strength circuit, and finishing with stretching exercises. You can continue in the class format with others, or then use your new workout knowledge to complete exercises on your own. Progress tracking materials are included. New attendees need to meet with the instructor first to learn proper equipment use.

Enhance Fitness – A specialty class to allow individuals to train for improvement in everyday activities, and for those dealing with chronic illness. Real life functional movement patterns such as twisting, bending, pushing, pulling, lunging and squatting are done in a safe, fun and creative way. Core training, balance and flexibility are all included to provide a well-rounded program. You will walk away feeling more confident to take on daily activities with more energy. This class is appropriate for all ages and fitness levels, and especially for those just starting an exercise program.

Full Body Workout – A workout comprised of a series of focused simultaneous upper and lower body exercises to build lean muscle strength and sculpt the body using light weights. Music and breath help keep the focus on movements that optimize muscle burning and provide an effective aerobic workout. Relaxation through breathing and stretching exercises completes the workout. A perfect way to end your day!

Power Pump – A full body workout that incorporates exercises from both traditional and non-traditional strength training and matches movement to music to create a simple, fun, and effective way to weight train. This class focuses on multiple repetitions using light weights, dumb bells and bar bells to work major muscle groups. This class is interval based with cardio components intermixed. Routines cater to all fitness levels.

Total Body Blast /HIIT – This HIIT style 45 minute class offers a variety of strength and endurance exercises similar to a boot camp. Includes a full body warm-up, strength training using a variety of methods including body weight, free weights, bars, and steps, and finishes with core work and stretching. Total body incorporates bursts of cardio into movements intended to help you increase intensity and maximize your workout. Modifications available for all fitness levels.

TRX – TRX Suspension Training utilizes functional movements, used in everyday life, with major emphasis on stability, proprioception, strength and body weight-driven exercises. Suspension Training is all about core strength and precise execution of the exercise being performed, and every class offers a different instructing style and format so that boredom is never an option. Challenge yourself to something new!

Mind/Body Emphasis

Sunrise Stretch (Roll, Release, Reset) – A class focused on preparing you for your day, helping those with neck and back strain from seated work, and for those transitioning from medical physical constraints. Foam roller work for muscle and fascia release, specific stretching exercises to release tension and strain, and strengthening and postural work to prepare the body for activity, will be included.

Tai Chi – A class that combines martial arts movements with circulation, breathing, and stretching techniques. It's a targeted class that will teach the various forms of Tai Chi that lead to increased fitness and balance for the individual. This class is appropriate for all ages and all fitness levels, and especially for Seniors. Beginner's Tai Chi focuses on balance and overall health and is ideal for those with no Tai Chi experience, or for those wanting a refresher.

Yoga – Classes consist of traditional standing and seated postures that focus on strength, alignment, balance, and opening. Breath awareness and control are integral and therefore emphasized. Special emphasis on relaxation is included. All levels are welcome and encouraged.

Multi-Level Yoga – A one hour practice with a short meditation, pranayama-breathing, warm up of gentle stretching, a brief vinyasa flow, and poses for strength, balance and flexibility ending with a traditional savasana restorative pose. This class is especially good for those who like to personalize their practice or accommodate special needs. Comfortable for beginners to experienced. Props & mats available.

Gentle Yoga Flow – A quiet slow paced class that includes both standing and floor poses, with chairs incorporated for those needing them. This class encourages the development of strength, flexibility, balance and coordination. The focus is to deepen awareness of body, mind and breath. Emphasis on range of motion, stretching, balance and fluidity, in a safe learning environment.