



GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Reminders:

- Come dressed to work-out; bring your own water-bottle; bring your own sweat towel!
- Masks are required in the facilities INCLUDING while exercising (state mandate as of 7/24/20).
- Bring sunglasses for classes on the grass.
- Bring your own yoga mat if possible; bring any yoga props if you want them.
- Everyone will check-in prior to and check-out after classes (at the Fitness Center or the Gymnasium).
- Remember to come early to allow health screening questions.
- Guests Passes and Day Passes are available. Invite a friend!
- Showers are now available. Bring your own towel.
- Ages 10 and up are welcome in Fitness Classes.
- Classes are offered on a first-come, first-served basis, based on area capacity.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 AM Cycling (Y Thtr) Kim		5:00-6:00 AM Cycling (Y Thtr) Kim	5:05-5:50 AM Total Body Blast Kim Z (Studio 1)	5:00-6:00 AM Cycling (Y Thtr) Kim	
	6:05-6:50 AM Yoga – Teresa (Studio 1)		6:05-6:50 AM Yoga - Teresa (Studio 1)	6:05-6:50 AM Outdoor Workout of the Week (Outside) Kim Z	
8:30-9:30 AM Zumba – Elissa (Studio 1)		8:30-9:30 AM Zumba – Elissa (Studio 1)		8:30-9:30 AM Zumba – Elissa (Studio 1)	9:05-10:00 AM Yoga Robert (Grass or Gym)
10-11:00 AM Enhance Fitness (SILVER & FIT) Kathy (Studio 1)	11-12:00 PM Advanced Tai Chi – Leo (Studio 1)	10-11:00 AM Enhance Fitness (SILVER & FIT) Kathy (Studio 1)	11-12:00 PM Advanced Tai Chi – Leo (Studio 1)	10-11:00 AM Enhance Fitness (SILVER & FIT) Kathy (Studio 1)	
11:30-12:30PM Yoga - Rebecca (Studio 1)					
	4:30-5:30 PM Cycling (Y Thtr) Mike		4:30-5:30 PM Cycling (Y Thtr) Mike		
		4:30-5:30 PM Yoga – Teresa (Grass or Gym)			
	*5:30-6:30 PM Karate Jennie (Grass or Gym)		*5:30-6:30 PM Karate Jennie (Grass or Gym)		

Fitness Center Hours:

M-Fri 5 AM - 7 PM
(Closed 1-2
Mon-Fri for
cleaning.)
Sat 8 AM - 2 PM

**Child Watch:
CLOSED**

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

*Italicized programs = Fee
Based*

Asterisks () are for
changed time, location,
or new offering.*

**Yellow Highlight =
Located at Y Gymnasium
(2020 Church Street)**

Please e-mail Elissa Morrison, Health & Wellness Director, at elissa.morrison@bakerymca.org with your requests or questions. Thank you!

Updated 9/10/2020

Class Descriptions

Cardio Emphasis

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.

HIIT Cycle – Peloton Livestream - Come join our HIIT Cycle class with a livestream virtual Peloton Instructor! We will be streaming Peloton up on our big screen in the spin studio! This dynamic high-intensity ride will be a great addition to your weekly work out plan for burning fat calories and gaining cardio endurance.

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! Zumba Gold offers adjustments for those needing modifications in exercise routine, or for those just beginning an exercise program. Combination classes offer extra modification support, while pushing those who want to go to the max.

Strength Emphasis

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.

Outdoor Workout of the Week - This 45 minute class held in our outdoor strength and cardio area will emphasize different stations that will help you focus on building your strength and cardio capacities, while helping you identify fun and creative ways to plan your own workouts for other days of the week. All fitness levels welcome.

Total Body Blast – This 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.

Yoga/Pilates/Tai Chi

Tai Chi- A class that combines martial arts movements with circulation, breathing, and stretching techniques. Tai Chi has been tested and proven to be effective in decreasing the number of falls, the risk of falling, the fear of falling, and improving functional balance and physical performance. 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.

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. All levels are welcome and encouraged.