



# Group Fitness Schedule

## FITNESS CLASS DESCRIPTIONS

YMCA Group Fitness classes are an excellent way to get in shape. Instructed by certified fitness staff & volunteers, we offer variety for any age or fitness level. With so many choices there is something for everyone! All classes are on a drop in basis and space is limited. Please arrive early to avoid disappointment!

**Aquafit:** (Beginner to advanced) A low impact workout combining cardiovascular and resistance training in shallow water. This class combines the use of various equipment, drills and circuits designed to increase the heart rate. Great for all over body conditioning!

**Cardio/Strength:** Creative, energetic class combines strength training, resistance and cardiovascular exercises all in one session. A new and motivating workout each time. Whether you're already a Boot Camp devotee or completely new to group fitness, get ready to challenge yourself with the use of various equipment including dumbbells, body bars, medicine balls, resistance bands, Bosu's and much more!

**Barbell Fit:** A full body workout incorporating a barbell, plate exercises and body weight exercises. This workout challenges all major muscle groups by using exercises like squats, presses, lifts and curls, combining continuous cardiovascular work with barbell resistance training. If you are looking for a challenging but fun workout this is the class for you!

**Bootcamp:** Challenge yourself with cardio, weights, core strength, intervals and drills. All fitness levels welcome!

**Buns & Bellies:** A class devoted entirely to the two areas of the body we work so hard to tighten – Glutes and Abs!! Tone these areas with some of the most effective firming, sculpting and lifting exercises you can do – Your **buns** and **bellies** will thank you!

**Deep Water Training:** A running class like no other - held in the deep end with the use of a buoyancy belt. No impact or stress on the joints - improve running speed and strength by performing running drills, sprints, etc. in the water!

**Gentlefit:** This is a carefully constructed fitness class which is modified for the specific needs and characteristics of our older adult participants and those recovering from injury.

**Holistic yoga:** A lifestyle approach focusing on the participants' entire routine which combines the ideal of holism and the practice of yoga. Leave feeling recharged and refreshed! \*Yoga mat required.

**Live Y'ers (65+)** A carefully constructed aqua fitness class which is modified for the specific needs and characteristics of our older adult participants.

**PiYO Live:** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Use your body weight to perform a series of continuous, targeted moves to define every muscle group. You'll sweat, stretch, and strengthen—all in one empowering PiYo LIVE workout!

\*Yoga mat required.

**Step Interval:** Combining great choreographed step work with intervals of power, strength and conditioning for a well balanced, challenging and fun workout.

**Strength Training:** Increase your strength and endurance using a wide variety of equipment and techniques, we will work to gain lean muscle mass and tone those trouble areas while decreasing body fat and developing coordination and balance.

**Stretch & Release:** A variety of techniques and equipment including foam rollers and body balls focusing on myofascial release are incorporated to improve muscular flexibility, mobility, range of motion and recovery.

\*Yoga mat required.

**YOGA:** A true experience for the spirit, mind & body, while improving your strength and flexibility. All fitness levels welcome. \*Yoga mat required.

**ZUMBA:** Ditch the workout - join the party! A dynamic, fun, and challenging fitness program using Latin dance flavor. Come and experience the exhilaration of moving your body to the rhythm of the music! This class features easy-to-follow moves in interval training sessions with fast and slow rhythms, stretching, and most importantly FUN.

Fitness classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 – 6:45 am Cardio/Strength		6:00 – 6:45 am Cardio/Strength			NO CLASSES
9:00 – 10:00 am Aquafit	9:00 – 10:00 am Deep Water Training	9:00 – 10:00 am Aquafit	9:00 – 10:00 am Deep Water Training	9:00 – 10:00 am Aquafit		
9:15 – 10:15 am Cardio/Strength	9:00 – 10:00 am Cardio/Strength	9:15 – 10:15 am Step Interval	9:00 – 10:00 am Cardio/Strength	9:15 – 10:15 am Strength Training		
	10:15 – 11:15 am Yoga	10:30 – 11:15 am Stretch & Release	10:15 – 11:15 am Yoga		10:00 – 11:00 am Cardio/Strength	
12:05 – 12:50 pm PiYO Live	12:05 – 12:50 pm Cardio/Strength	12:05 – 12:50 pm Cardio/Strength	12:05-12:50 pm Barbell Fit	12:05 - 12:50 pm Stretch & Release	11:15 – 12:15 pm Holistic Yoga	
2:30 – 3:30 pm Live Y'ers	2:30 – 3:30 pm Gentlefit	2:30 – 3:30 pm Live Y'ers	2:30 – 3:30 pm Gentlefit	2:30 – 3:30 pm Live Y'ers		
4:40 – 5:20 pm Buns & Bellies		4:30 - 5:20 pm Strength Training				
5:30 - 6:30 pm Bootcamp	5:30 - 6:30 pm Cardio/Strength	5:30 - 6:30 pm Zumba	5:30 - 6:30 pm Yoga	<p><b>Schedule in effect June 17 to September 1, 2019</b>  <i>*Subject to change without notice</i>  Please note there will be <u>no classes</u>:</p> <ul style="list-style-type: none"> <li>Monday, July 1st</li> <li>Monday, August 5th</li> </ul> <p>*All Land Classes will take place in the studio</p>		
6:45 - 7:45 pm Zumba						
7:00 – 8:00 pm Aquafit		7:00 – 8:00 pm Aquafit				



Participants are responsible for bringing their own yoga mat (PiYO/Yoga/Stretch, etc.)