



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!

Aquafit: A low impact workout in the pool, combining cardiovascular and resistance training. ***Pool***

Deep Water Training: Held in the deep end with the use of a buoyancy belt. No impact or stress on the joints – improve overall strength and cardiovascular endurance in the water! ***Pool***

Live Y'ers: A low impact workout in the pool, so seniors can keep fit without feeling limited by pre-existing pain or injuries. ***Pool***

PiYo: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Yoga mat required. ***Studio***

Yoga: A true experience for the spirit, mind & body, while improving your strength and flexibility. Yoga mat required. ***Studio***

Gentle Flow Yoga: A slow-paced practice that features calming poses and strengthening movements. Awareness of our breath in these poses will help to calm the mind and enables you to move deeper into the stretches. Yoga mat required. ***Studio***

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. ***Studio***

Low Impact Fusion: Low Impact fusion blends a variety of movements to get your heart rate up and your sweat on with light weights or no weights at all! ***Studio***

Yin Yoga: A more meditative version of the popular physical and spiritual discipline of Yoga. In Yin Yoga, the poses are held for a long period of time to target the connective tissues rather than focusing on the muscles. Yoga mat required. ***Studio***

Gentlefit: This class is modified for the specific needs and characteristics of our older adult participants and those recovering from injury. ***Gym***

Kickstart: Each week you will be challenged in many ways including strength training, circuit training and step aerobics and more. ***Gym***

Bootcamp: This class puts your body to the test with fun and challenging cardio, weights, core strength, intervals, and drills. ***Studio***

Barbellfit: A full body workout incorporating a barbell, plate exercises and body weight exercises. ***Studio***

Greatest HIITs: High intensity interval training, a different mix of cardio/strength/core every week. ***Gym***

Recharge: This workout is designed to help you shed weight while building strength and endurance. You will be challenged every class with cardio drills and strength training exercises to get you out of your comfort zone! ***Gym***

Step Interval: This class combines choreographed step work with intervals of strength and conditioning for a well-balanced, challenging, and fun workout. ***Studio/Gym***

Fit Camp: A mixture of strength exercises and cardiovascular training. Fit camp will build your strength, endurance, and confidence! ***Gym***

Power Hour: Use a variety of resistance equipment that is designed to increase lean muscle and improve strength. ***Gym***

Buns & Bellies: Tone these areas with some of the most effective firming, sculpting, and lifting exercises you can do. ***Studio***

Metabolic Meltdown: This class will incorporate compound exercises with little rest in between high intensity cardio. Limited capacity. ***Studio***

Total-Body Pump: Sculpt your arms, tighten your abs and get a full body workout in this group strength training class. ***Gym***

ZUMBA: A dynamic, fun, and challenging fitness program using Latin dance flavor. This class features easy-to-follow moves in interval training sessions with fast and slow rhythms, stretching, and most importantly FUN. ***Gym***

Cyclecore: This mixed indoor cycling and core class is designed for all fitness levels! Begin with a calorie torching ride on the spin bike and end off with core workout. Limited capacity. ***Multipurpose Room***

Cyclefit: Get ready for a ride of your lifetime! This instructor-led class simulates a bike ride as you travel on flat roads, climb hills, sprint, and race. Limited capacity. ***Multipurpose Room***

FITNESS
CENTERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 am Cyclefit *Multipurpose RM*	6:00-6:45 am Total-Body Pump *Gym*		6:00-6:45 am Kickstart *Gym*			
9:00-10:00 am Power Hour *Gym*	9:00-10:00 am Fit Camp *Gym*	9:00-10:00 am Yoga *Studio*	9:00-10:00 am Greatest HIITs *Gym*	9:00-10:00 am Bootcamp *Gym*	9:00-9:45 am Cyclefit *MultiPurpose RM*	
9:15-10:15 am Aquafit	9:15-10:15 am Deep Water Training	9:15-10:15 am Aquafit	9:15-10:15 am Deep Water Training	9:15-10:15 am Aquafit	9:00-10:00 am Barbellfit *Studio*	
	10:15-11:15 am Yoga *Studio*	10:15-11:15 am Step Interval *Gym*			10:15 am – 11:15 am Yoga *Studio*	11:00 am-12:00 pm Zumba *Gym*
12:05-12:50 pm PiYo *Studio*	12:05-12:50 pm Recharge *Gym*	12:05-12:50 pm Cyclecore *Multipurpose RM*	12:05-12:50 pm Metabolic Meltdown *Studio*	12:05-12:50 pm Stretch and Release *Studio*		
2:30-3:30 pm Live Y'ers	2:30-3:30 pm Gentlefit *Gym*	2:30-3:30 pm Live Y'ers	2:30-3:30 pm Gentlefit *Gym*	2:30-3:30 pm Live Y'ers		6:00-7:00 pm Yin Yoga *Studio*
5:30 – 6:15 pm Zumba *Gym*	5:30-6:15 pm Bootcamp *Studio*	5:30-6:30 pm Low Impact Fusion *Studio*	5:30-6:30 pm Step Interval *Studio*	5:30-6:30 pm ZUMBA *Gym*	<p style="text-align: center;">Schedule in Effect September 7th to December 5th, 2021</p> <p style="text-align: center;">No Classes Monday, October 11th or Thursday, November 11th</p> <p style="text-align: center;">*Subject to change without notice</p>	
6:30-7:15 pm Buns and Bellies *Studio*	6:30-7:30pm Yoga *Studio*	7:30-8:30 pm Gentle Flow Yoga *Studio*	6:45-7:45pm Barbellfit *Studio*			
7:00-8:00 pm Aquafit		7:00-8:00pm Aquafit				