



Group Fitness Schedule

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. ***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***

Synergy Blast: A circuit style class using the Synergy 360 Station and a variety of exercises to challenge the cardiovascular and muscular systems. Limited capacity (5). ***Synergy 360 Station***

TRX & Conditioning: This high intensity, heart pumping workout will challenge beginners to advanced participants. It will incorporate high volume TRX and body weight exercises. Limited capacity (11) ***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***

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

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

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***

Muscle Reboot: Is designed to increase physical strength through weight-bearing and resistance exercise. We use a variety of exercise equipment and finish off the class with core training and stretching. ***Studio***

Speed interval and Core: Is a high intensity class the keeps your heart rate up by quick intense bursts of effort followed by short active recovery periods. Included in this class is a specific section for core training. ***Studio***

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 minimal rest in between high intensity cardio. Limited capacity. ***Studio***

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***

Cycle & Arms: This mixed indoor cycling and arms class is designed for all fitness levels! Begin with a calorie torching ride on the spin bike and end off with an arm pumping workout. Limited capacity. ***Multipurpose Room***

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***

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|---|--|--------------------------------------|
| | 6:00-6:45 am Total-Body Pump *Studio* | 6:00-6:45 am Cyclefit *Multipurpose RM* | 6:00-6:45 am Kickstart *Studio* | | | |
| 9:00-10:00 am Power Hour *Gym* | 9:00-10:00 am Fit Camp *Gym* | 9:00-10:00 am Step Interval *Gym* | 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 Total-Body Pump *Studio* | |
| 10:15-11:15 am Cycle & Arms *Multipurpose RM* | 10:15-11:15 am Yoga *Studio* | 10:15-11:15 am TRX & Conditioning *Studio* | 10:15-11:15 am Yoga *Studio* | 10:15-11:15 am Yin Yoga *Studio* | 10:15-11:15 am Yoga *Studio* | 11:00 am-12:00 pm Zumba *Gym* |
| 12:05-12:50 pm PiYo *Studio* | 12:05-12:50 pm Muscle Reboot *Studio* | 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* |
| | | 4:30-5:15pm Synergy Blast *Synergy 360 Station* | | | <p style="text-align: center;">Schedule in Effect January 10th— March 20th, 2022</p> <p style="text-align: center;">No Classes February 21st</p> <p style="text-align: center;">*Subject to change without notice</p> | |
| 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* | | |
| 6:30-7:15 pm Buns and Bellies *Studio* | 6:30-7:30 pm Yoga *Studio* | 6:30-7:30 pm Gentle Flow Yoga *Multipurpose RM* | 6:45-7:45 pm Barbellfit *Studio* | 5:45-6:45 pm TRX & Conditioning *Studio* | | |
| 7:15-8:15 pm Aquafit | | 7:15-8:15 pm Aquafit | | | | |
| | | 7:30-8:15 pm Speed Interval and Core *Studio* | | | | |