



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***

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

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

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

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 a core workout. Limited capacity. ***Studio***

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***

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

Gentle Cycle Indoor cycling offers many benefits for older adults, whether you are already active or ready to try a new form of exercise. This class is for you! Limited capacity ***Studio***

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

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

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

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***

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

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

Senior Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:45 pm Kickstart *Studio*				
9:00-10:00 am Power Hour *Studio*	9:00-10:00 am Fit Camp *Studio*	9:00-10:00 am Step Interval *Studio*	9:00-10:00 am Greatest HIITs *Studio*	9:00-10:00 am Bootcamp *Studio*	
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	
	10:15-11:15 am Yoga *Studio*		10:15-11:15 am Yoga *Studio*		10:15-11:15 am Yoga *Studio*
12:05-12:50 pm PiYo *Studio*		12:05-12:50 pm CycleCore *Studio*		12:05-12:50 pm Stretch & Release *Studio*	
1:30-2:00 pm Gentle Cycle *Studio*					
2:30-3:30 pm Live Y'ers	2:30-3:30 pm Gentlefit *Studio*	2:30-3:30 pm Live Y'ers	2:30-3:30 pm Gentlefit *Studio*	2:30-3:30 pm Live Y'ers	
5:45- 6:45 pm Zumba *Gym*	5:30-6:15 pm Bootcamp *Studio*	5:30-6:15pm Buns and Bellies *Studio*	5:45-6:45pm ZUMBA *Gym*	5:45-6:45pm ZUMBA *Gym*	
	6:30-7:30pm Yoga *Studio*		7:00-8:00pm BarbellFit *Studio*		
7:15-8:15 pm AquaFit		7:15-8:15pm AquaFit			

Schedule in Effect
June 20 to
September 4, 2022

Please note there will be
no classes:
Friday, July 1
Monday, August 1

*Subject to change without notice