



YMCA GROUP FITNESS SCHEDULE

September 5th-November 3rd 2023

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 AM	Core Conditioning Nicole	Bootcamp/HIIT JJ/Conrad	Power Pump Nicole	Step Aerobics Nicole	Cycling Dana	
7:15 AM Aqua/Pool		Pilates Aqua Board Yoga Katie		Cardio Aqua Board Yoga Brenda		
8:00 AM Aqua/Pool	Aqua Weights Brenda	Silver Sneakers Splash Brenda	Aqua Class Brenda	Silver Sneakers Splash Brenda	Aqua Class Brenda	Cycling Conrad
9:00 AM Aqua/Pool	Water Yoga Brenda 9:30-Aqua Kickbox Brenda	Water Yoga Brenda	Water Yoga Brenda 9:30-Aqua Kickbox Brenda	Water Yoga Brenda		Rotation Power Pump Barre Hiit Board Yoga (Pool)
8:30AM	Power Pump Extreme Ashley TRX Theresa	Cycling Colleen	Body Pump Colleen	Glutes and Core Theresa	Resistance Ready Ashley	
9:30AM		Core/Pilates Colleen/Theresa			Core/Pilates Ashley/Theresa	
9:35 AM	SilverSneakers Classic Cheri	SilverSneaker Circuit Cheri	Senior Fitness Joann	Senior Fitness (Beat it) Rotation	Senior Chair Yoga Katie	
5:30 PM		Toning Burn and Firm Sara		Cardio Kickboxing Sara		
5:30 PM	Kickbox Conditioning Laz		Kickbox Conditioning Laz			
5:30 PM	Latin Dance Andrea	TRX/Pilates Beth	Cycling Dana	TRX Beth		



YMCA GROUP FITNESS SCHEDULE

September 5th-November 3rd 2023

Aqua Board Water Yoga- Brenda, Katie (pool) Put your fitness to the test with ABS the new balance and strength-based water workout that challenges you to maintain proper postural control and alignment while performing yoga HIIT Pilates and resistance band exercises. Burn calories, increase strength balance endurance and focus while having a great time!

Barre – Ashley (MPR North Gym) This 45 minute class combines Barre with techniques with Pilates for an intense workout burn without high impact moves. We will do total body work with circuits targeting upper body, legs/glutes and core followed by flexibility stretching.

Boot Camp – Nicole, JJ, Conrad (MPR, North Gym) A full body workout with a combination of strength, conditioning, and cardio. The program is designed for all fitness levels!

Cardio Kickbox- Sara (MPR, North Gym) Cardio kickbox is a fun and intense way to burn off anything extra. Each song is uniquely choreographed using kicks, punches, jumps, and a little bit of Latin flare. Each class begins with cardio and ends with full body sculpting

Glutes/Core or Core Conditioning – Ashley, Nicole Colleen, Theresa (MPR TRX North Gym) Strengthen your abdominal, obliques, lower back, glutes and hamstrings using BOSU balls, hand weights, bands, gliders and body weight training. End with a core, hip, and hamstring stretching sequence, 45-minute class.

Cycling – Colleen, Conrad, Dana, Joann (MPR) This class is for everyone, at any age and at every level of fitness. This is a forty to fifty minute cardio workout on a spinning bike. Fun, safe and challenging.

HIIT – Conrad, JJ (MPR or North Gym) HIIT stands for high-intensity interval training, which refers to the short bursts of intense exercise alternated with low-intensity recovery periods that make up the protocol. HIIT is quick and anything but boring, as its exacting work-to-rest ratios make it arguably the most time-efficient way to exercise and burn calories.

Kick Box Conditioning – Laz, (North Gym) High intensity kickbox and circuit training promoting endurance and core strength along with increased mental and physical focus.

Latin Dance- Andrea (MPR) Cardio class featuring movements inspired by various styles of Latin dance and performed primarily to Latin Dance music.

Power Pump/Body Pump – Ashley, Colleen, Nicole (MPR, north gym). In this weight training class, you can expect to squat, chest press, dead row, lunge, curl, and clean and press to music using variable barbell weight with high repetition.

Power Pump Extreme – Ashley, Colleen (MPR) All the elements of traditional Pump with challenging cardio intervals inserted between Pump sets.

Resistance Ready- Ashley Colleen Teresa (North Gym)- Be ready to get some training in without always using traditional weights as your form of resistance. This class will rotate between using Power Pump weights, Kettle Bells, and resistance bands to ensure you are getting a variety of different tools and resistance while gaining strength and burning fat.

Senior Fitness – Ashley, Brenda, Cheri, Katie, JoAnn (MPR) Silver Sneakers – for improving strength, flexibility, posture and balance. Exercise at your own pace with resistance tools including bands, balls and weights. Active Older Adults – this class combines resistance exercises and weight training to decrease the risk of osteoporosis and increase stamina, flexibility and range of motion.

Toning Burn and Firm- Sara (MPR) Burn and firm is a class designed to target and tone upper and lower body using weighted balls, resistance bands, dumbbells, and stability balls. This class is a resistance training class with short bursts of high intensity cardiovascular training. This class can be a high intensity or modified to any level

TRX – Beth, Colleen, Theresa (TRX) Experience tons of full body exercises with suspension training. Help build strength, flexibility, stability, mobility and endurance.

Yoga—Katie (MPR) This Hatha yoga mat class provides an opportunity to stretch, unwind, and release tension through breathing techniques and a series of movements that help improve balance, flexibility, and strength. The slower pace of this class allows beginners, as well as those with more experience, the time to explore alignment and fundamental aspects of the postures while still being physically and mentally challenging.