



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Group Fitness: WINTER Schedule

Updated 3.1.24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 6:00-7:00am Dawn P	Body Pump 5:15 – 6:15am Dawn G	Cycling 6:00-7:00am Dawn P	Body Pump 5:15 – 6:15am Dawn G	Senior Fitness 8:30-9:15am Robin	Body Pump 8:00 – 9:00am Rotation
Senior Fitness 8:30-9:15am Robin	Water Aerobics 9:00-10:00am Marge	Pilates 5:30-6:15am April /YMCA360	Water Aerobics 9:00-10:00am Irene	Water Aerobics 9:00-10:00am Rotation	
Water Aerobics 9:00-10:00am Marge	Silver Sneakers 10:30-11:15am Lynda	Senior Fitness 8:30-9:15am Robin	Silver Sneakers 10:30-11:15am Lynda	Lunch Crunch 12:00-12:30pm Rotation	
Lunch Crunch 12-12:30pm Kara	Lunch Crunch 12-12:30pm Amanda	Water Aerobics 9:00-10:00am Irene	Lunch Crunch 12:00-12:30pm Amanda	<b>Unlocking Brain Fitness:</b> Keys to Dementia Prevention: March 5 – May 7  <b>Beginner Strength : Free</b> Registration required Learn foundational free weight movements to feel comfortable including strength training to your fitness regimen <b>Mondays/Wednesdays at 11:30</b> Jenna  <b>Intermediate Strength</b> Registration required- FREE Continue to find growth in your strength training and new ways to challenge yourself. <b>Wednesdays 10:30-11:30a</b> Kara  <b>Hot Yoga Pop-ups classes</b> Check Facebook or ask at the desk when the next hot yoga pop up class will be	
Vin – Yin Yoga 4:15- 5:05pm Angel	Body Pump 5:30 – 6:30pm Tina	Vinyasa Yoga 9:25-10:15am Angel	Body Pump 5:10 – 6:00pm Tina		
Full Body Workout 5:30-6:15pm Becky	Cycling 5:30-6:30 Bobby/TBD	Lunch Crunch 12:00-12:30 pm Kara	Cycling 5:30-6:30 Bobby/TBD		
		Pound 6:05-7:05 pm Candace			
		Zumba 5:15-6:00 pm Andrea			
		Full Body Workout 6:05-6:35pm Becky			

# Class Descriptions

**Beginner Strength:** This is a great class to introduce basic free weight and strength movements and learn correct form to help you gain knowledge and confidence to create your own free weight exercise routines. **Class offered in sessions**

**BODY PUMP™:** The original barbell class that strengthens your entire body. This workout entails exercises that work a specific muscle group such as squats, chest press, clean and press, bicep curls, and much more! Great music, awesome instructors, and your choice of weight inspire you to achieve the results and goals you came for! Intermediate-Advanced  
\*Express format is 45 minutes and full Body Pump is 1 hour long

**Full Body Workout:** A 30 minute fast paced full body workout class that combines strength and cardio. Perfect combination for a great workout! All skill levels are welcome!

**Intermediate Strength:** For those who understand or have a basic knowledge of free weights and would like to learn more to push from their current workout. In addition to free weights, you'll learn how to use other standard weight room pieces of equipment such as: kettle bells, TRX, Battle Ropes and cable machines. **Class offered in sessions**

**Lunch Crunch:** Is a 30m workout involving cardio and strength work with use of a variety of equipment. Class setup may include tabatas and intervals allowing you to move at your pace.

**POUND®:** is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, and improving your health and rocking out!

**Senior Fitness:** Designed for active older adults, this class is a great way to make exercise a part of your life. This workout consists of various exercises to help maintain strength and range of motion.

**Silver Sneakers:** Have fun and move to the music though a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Handheld weights, elastic tubes, small balls, and a chair are used for seated and/or standing support. This class is designed for seniors and active older adults. All skill levels are welcome!

**Vin Yin Yoga:** Enjoy a balance of movement and stillness as practice incorporates a warming flow and holding poses

to reach the deeper layers of the body leaving you feeling peaceful and balanced.

**Vinyasa Flow-** offers unique sequencing of sun salutations, balancing postures, inversion and back bending - linking the movement of the body with the power of the breath. This class is taught with music and is available to all, with modifications and variations of the poses. The practice builds strength, improves flexibility, challenges balance and calms your mind by focusing on the present moment and breath.

**Water Aerobics:** This full-body workout is a combination of cardio endurance, muscle conditioning, and interval training. You do not need to put your head under water, but your hair may get wet. Great low impact workout! Ages 14 and up

**ZUMBA™:** Try one of the hottest classes in the fitness industry! This workout has been dubbed 'exercise in disguise' because it incorporates dancing to the beats of Latin-inspired music such as Salsa, Merengue, Cumbia, and Reggaeton. Come try it out for fun and effective workout! All skill levels welcome!