






Group Fitness Schedule

Fall-Winter/ 2025-2026 (Oct-March)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin 6-7am Dawn P	Body Pump 5:15 – 6:15am Dawn G	Spin 6-7am Dawn P	Body Pump 5:15 – 6:15am Dawn G	Spin 6-7am Dawn P	Body Pump 8:00 – 9:00am Rotation
Senior Fitness 8:30-9:15am Robin	Country Fusion 9:15am-10:15am Michelle V	Senior Fitness 8:30-9:15am Robin		Senior Fitness 8:30-9:15am Robin	
Water Aerobics 9:00-10am Marge	Water Aerobics 9:00-10am Irene	Water Aerobics 9:00-10am Irene	Water Aerobics 9:00-10am Irene	Water Aerobics 9:00-10am Rotation	
	Silver Sneakers 10:30-11:15am Lynda	Strength 10:30-11:30am Kara *Registration Required*	Silver Sneakers 10:30-11:15am Lynda	Lunch Crunch 12:00-12:30pm Rotation	Country Fusion 10:45-11:45am Kierstin
Lunch Crunch 12-12:30pm Kara	Lunch Crunch 12-12:30pm Amanda	Lunch Crunch 12:00-12:30 pm Kara	Lunch Crunch 12:00-12:30pm Amanda	<p>All Burlington Area YMCA members have FREE Access to On Demand Fitness Classes and more for all ages and abilities</p>  <div>   </div> <p>Google Android Apple iOS</p>	
Full Body Workout 5:30-6:15pm Becky	Aerobics room reserved for Dance program 3p-6p		Spin 5:30-6:15pm April		
	HIIT 5:30-6:15pm April *Class in the spin room*	Zumba 5:15-6:00 pm Andrea			
Check our Facebook page for pop-up classes!!		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.

Wednesdays 10:30-11:30am (Registration Required)

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 **Wednesdays 10:30-11:30am (Registration Required)**

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!

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!

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 Yoga- 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. Practice builds strength, improves flexibility, challenges balance and calms your mind by focusing on the present moment and breath.

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 Reggaton. Come try it out for fun and effective workout! All skill levels welcome!

HIIT: High Intensity Interval Training alternating between periods of intense exercise and recovery. Includes a variety of exercises.

SPIN: Spin- also called spinning/cycle classes, is a low-impact, high-intensity workout that takes place on a stationary bike. Instructors will guide you through challenging exercises, such as sprints and climbs, all set to a lively soundtrack of heart-pumping tunes.

Mat Pilates: Mind-body exercise performed on a mat on a hard surface. Improve balance, flexibility, strength and reduce stress.

Country Fusion: Line dancing in an LIIT dance format. Class focuses on actual country line dances while "fusing" four other types of dances and music, including honky-tonk and two-step.

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

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 music through 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!

Unlocking Brain Fitness: Reduce your risk of dementia by up to 70% just by making some simple lifestyle changes. This 10-week, evidence based, program will provide you with tools and resources to preserve your memory and thinking skills. It is designed for people 55 and older who are currently in good cognitive health.