



Group Fitness Schedule

Fall-Winter: 2025-2026 (November-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 Lauren	Body Pump 8 – 9 am Rotation
Senior Fitness 8:30-9:15am Robin	Country Fusion 9:15-10:15am Michelle	Senior Fitness 8:30-9:15am Robin	Water Aerobics 9-10am Irene (Pool)	Senior Fitness 8:30-9:15am Robin	Country Fusion 10:45-11:45am Kierstin
Water Aerobics 9-10am Marge (Pool)	Water Aerobics 9-10am Irene (Pool)	Water Aerobics 9-10am Irene (Pool)	Strength 9-10am Kara Session Runs 1/26-3/6	Water Aerobics 9-10am Rotation (Pool)	
Strength 10:30-11:30am Kara Session Ends 12/17 Next Session 1/26-3/6	Strength 9-10am Kara Session Runs 1/26-3/6	Strength 10:30-11:30am Kara Session Ends 12/17 Next Session 1/26-3/6	Silver Sneakers 10:30-11:15am Lynda	Lunch Crunch 12-12:30pm Rotation	
Half Hour Power 12-12:30pm Kara	Silver Sneakers 10:30-11:15am Lynda	Half Hour Power 12-12:30 pm Kara	Lunch Crunch 12-12:30pm 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>	
Vinyasa Yoga 4:30-5:15pm Liz Begins 12/8	Lunch Crunch 12-12:30pm Amanda	Zumba 5:15-6pm Andrea	Spin 5:30-6:15pm April		
Full Body Workout 5:30-6:15pm Becky	Aerobics room reserved for Dance program 3p-6p (9/9/25-5/31/26)	Full Body Workout 6:05-6:35pm Becky			
Check our Facebook page for pop-up classes!!	HEAT 5:30-6:15pm April *Held in spin room*				

Class Descriptions

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

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.

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!

HEAT: High Energy Aerobic Training. Combination class using HIIT (High Intensity Interval Training) with spin bikes, free weights, etc. Meant to be mentally and physically demanding. Enhanced calorie burn: improved cardiovascular endurance and increased metabolic rate. Come prepared to sweat!!

Half Hour Power/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 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!

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.

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. Intermediate instruction is also available 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. Classes are offered in sessions.
Mon/Wednesdays 10:30-11:30am

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

Y-Waves (Water Fitness): Splash, move and groove to your favorite hits from the 70’s and 80’s. Join us for a fun water fitness class that keeps your heart pumping and your body moving. All fitness levels welcome. 30 minutes.

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!

Vinyasa Yoga: Dynamic style of yoga that involves flowing smoothly between poses, with each movement synchronized to breath.