# Group Fitness Schedule

Fall/Winter: 2026 (August-December)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| Spin<br>6-7am<br>Dawn P | Body Pump<br>5:15 – 6:15am<br>Dawn G | Spin<br>6-7am<br>Dawn P | Body Pump<br>5:15 – 6:15am<br>Dawn G | Spin<br>6-7am<br>Laura | Body Pump<br>8 – 9 am<br>Rotation |
| Senior Fitness<br>8:30-9:15am<br>Robin | Line Dancing<br>9:15-10:15am<br>Michelle | Senior Fitness<br>8:30-9:15am<br>Robin | **Water Aerobics**<br>**9-10am**<br>**(Pool)** | Senior Fitness<br>8:30-9:15am<br>Robin | Full Body<br>9:15-10am<br>Becky<br>**(1st Sat/Monthly)** |
| **Water Aerobics**<br>**9-10am**<br>**(Pool)** | **Water Aerobics**<br>**9-10am**<br>**(Pool)** | **Water Aerobics**<br>**9-10am**<br>**(Pool)** | Strength<br>9-10am<br>Kara<br>**(08/17-12/18)** | **Water Aerobics**<br>**9-10am**<br>**(Pool)** | DanceFit<br>9:15-10am<br>Andrea<br>**(2nd Sat/Monthly)** |
| Mat Pilates<br>9:30-10:15am<br>Carlee | Silver Sneakers<br>10:30-11:15am<br>Lynda | Strength<br>10:30-11:30am<br>Kara<br>**(08/17-12/18)** | Silver Sneakers<br>10:30-11:15am<br>Lynda | Lunch Crunch<br>12-12:30pm<br>Rotation –<br>Amanda, Kara &<br>Monica | |
| Strength<br>10:30-11:30am<br>Kara<br>**(08/17-12/18)** | Lunch Crunch<br>12-12:30pm<br>Amanda | Half Hour Power<br>12-12:30 pm<br>Kara | Lunch Crunch<br>12-12:30pm<br>Amanda | All Burlington Area YMCA members have FREE Access to On Demand Fitness Classes and more for all ages and abilities<br>YMCA360<br>Google Android<br>Apple iOS | |
| Half Hour Power<br>12-12:30pm<br>Kara | Spin<br>5:30-6:15pm<br>April | DanceFit<br>5:15-6pm<br>Andrea | HEAT<br>5:30-6:15pm<br>April | | |
| Vinyasa Yoga<br>4:30-5:15pm<br>Liz | Strength<br>6:45-7:45pm<br>Kara | Full Body Workout<br>6:05-6:35pm<br>Becky | Mat Pilates<br>6:30-7:15pm<br>Carlee<br>(last evening Pilates 11/19) | | |
| Full Body Workout<br>5:30-6:15pm<br>Becky | | | | | |
| | | | **Check our Facebook page for pop-up classes!!** | | |

Revised 11/05/26

# 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

Line Dancing: 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.

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

DanceFit: is a fun, high-energy group fitness class that combines easy-to-follow dance moves with upbeat music and cardio exercises. No dance experience is needed—just come ready to move, have fun, and get your heart pumping! Expect a lively workout that feels more like a dance party than a workout.

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

Mat Pilates: Build strength, improve flexibility, and strengthen your core with this low-impact Mat Pilates class. You'll move through controlled exercises designed to improve balance, stability, posture, and overall body awareness.