

# HEALTHY LIFESTYLES START HERE

## **Group Fitness Schedule**

## Winter Fitness Classes January 6 – March 9, 2025

Classes are free for Facility Members age 16. Teens between 13-15 who are Teen Certified can participate in classes with no weights\*. Space is limited. To reserve a space in class, please use the YMCA On The Go App (Water Fitness included). For the safety of all members, **please do not enter classes already in progress**.

Monday   Naster Swim   S.00-6:00am   Master Swim   S.00-6:00am   Mary - Lap Pool   Bootcamp   Group Cycle   Boot Camp   S:15-6:15am   S:15-6
Site
Marcy-Lap Pool   Boot Camp   Si15-6:15am   Si26-00am   Si15-6:15am   Si26-00am   Si15-6:15am   Si26-00am   Si26-6:15am   Si26-6:15am   Si26-00am   Si26-6:15am   Si26-00am   Si26-6:15am   Si26-00am
Bootcamp   Group Cycle   Boot Camp   Sit5-6:15am   Kevir) Julie- Gym   Yonka- CR   Kevir) Julie- Gym   Sit5-6:15am   Kevir) Julie- Gym   Sit5-7:15am   Group Cycle   G
S:15-6:15am   Kevin/Julie-Gym   Kind-FS2   Kind-FS2   Kind-FS2   Kind-FS2   Kind-FS1   Kind-FS2   Kind-FS3
Master Swim
Country
Low Impact
Low Impact Cardio/Strength 7:00-8:00am Yesenia-FS1
Cardio/Strength   7:00-8:00am   7:00-8:00a
7:00-8:00am
Yesenia-FS1
Y Walkers   8:15-9:00am   8:15-9:00am   Melssa G- Gym   Marenda- FS 1   Minerva- Lap Pool   Yesenia- FS 1   Yesenia- FS 1   Youngas Yoga   Pilates Fusion   S:45-9:30   9:15-10:15am   Marenda- CR   Yinyasa Yoga   Pilates Fusion   S:45-9:30   9:15-10:15am   Marenda- CR   Yinyasa Yoga   Pilates Fusion   Water Fitness   S:45-9:30   9:15-10:15am   Marenda- CR   Yinyasa Yoga   Pilates Fusion   Water Fitness   S:30-9:15am   R:30-9:15am   R:30-9:15am   R:30-9:15am   R:30-9:15am   R:30-9:15am   R:30-9:15am   R:30-9:15am   R:30-9:15am   R:30-9:15am   R:15-10:15am
Note
Melissa G- Gyrn   Marenda-FS1   Minerva- Lap Pool   7:00-8:00am   7:00-8:00am   7:00-8:01am   8:39-9:251   Cyrde/Sculpt   9:15-10:10am   8:10-8:55am   8:30-9:15am   8:30-9:15am   8:30-9:15am   8:30-9:15am   8:30-9:15am   8:30-9:15am   8:10-9:15am   Rhonda- Lap Pool   Andrea- WC   Water Fitness   9:00-9:45am   9:15-10:00am   9:15-10:00am   9:15-10:00am   Mariah- Pool   Mariah-
Pilates   Cycle/Soulpt   Surpose   Suspense   Suspens
8:45-9:30   9:15-10:10am   9:15-10:15am   Rind-FS2   Cyndi-FS1   Rhonda- Lap Pool   Andrea-WC   Water Fitness   9:00-9:45am   Minerval- Lap Pool   Marenda-CR   Marenda-CR   Marenda-CR   Marenda-CR   Marenda-CR   9:15-10:00am   Mariah-Pool   Marenda-CR   Marenda-CR   Marenda-CR   Marenda-CR   9:15-10:05am   9:30-10:15am   9:30-10:15a
8:45-9:30   9:15-10:10am   9:15-10:15am   Kim G-FS 2   Cyndi-FS 1   Rhonda- Lap Pool   Andrea-WC   Water Fitness   9:00-9:45am   Minerva-Lap Pool   Marenda-CR
Water Fitness   9:00-9:45am   9:15-10:00am   9:15-10:10am   9:15-10:10am   8:15-9:00am   9:15-10:0am   9:15-10:0am   9:15-10:0am   9:15-10:15am   8:10-15-11:0am   9:15-10:0am   9:15-
9:15-10:00am Minerva- Lap Pool Mariah - Pool
Minerva-Lap Pool   Mariah- Pool   Mariah- Pool   Marenda-CR   Melissa G-Gym   Alyson-FS 1   Greta-FS 1
Pumped Up   9:15-10:00am   9:30-10:15am   9:30-10:15am   Rhonda-Family Pool   Minerva – FS 2   Esmeralda- CR
9:15-10:00am Kristen-FS1 9:30-10:15am Suzuka-FS1 Preathing and Meditation 10:30-11:30am Shila-FS1 PFP 11:00am-12:00pm Suzanne-CR PFP 11:00am-12:00pm Suzanne-CR Suzanne-CR PFP Suzanne-CR Suzanne-CR Suzanne-CR Suzanne-CR Suzanne-CR Suzanne-FS1 Suzanne-CR Suzanne-CR Suzanne-FS1 Suzanne-CR Suzanne-FS1 S
Sizuka-FS1   Sizuka-FS1   Rhonda-Family Pool   Minerva - FS2   Kay-FS2   Esmeralda-CR
Barre   10:15-11:00am   Vicky-FS 1
10:30-11:30am   10:30-11:30am   Shila-FS 1   10:15-10:45am   Suzanne-FS 1   Suz
10:15-11:00am Vicky-FS 1
Suzarine-rs   PPP
PFP   11:00am-12:00pm   Suzanne-CR
11:00am-12:00pm Suzanne- CR         11:00am-12:00pm Suzanne- CR         11:00am-12:00pm Suzanne- CR           SUNDAY           STRONG 5:30-6:15pm Kristen -F5 1         HIIT 5:00-5:45pm Suzanne - FS 1         Cyde/Soulpt 5:30-6:20pm Yonika- CR         Zumba 5:30-6:15pm Greta - FS 1         Masters Swim 7:00-8:00am Marry - Lap Pool           Group Cyde         Cird Mobility         Strength Train Together         Group Cyde         STRONG Nation®
Suzanne- CR         Suzanne - CR         Ritu- FS 2         Suzanne- CR           SUNDAY         SUNDAY           STRONG 5:30-6:15pm Kristen -FS 1         HIIT 5:30-6:20pm Vonika- CR         Zumba 5:30-6:15pm Greta - FS 1         Masters Swim 7:00-8:00am Marry - Lap Pool           Group Cycle         Cird Mobility         Strength Train Together         Group Cycle         STRONG Nation®
SUNDAY   SUNDAY   SUNDAY   SUNDAY   STRONG   HITT   Cyde/Saulpt   Zumba   5:30-6:15pm   5:00-5:45pm   5:30-6:20pm   5:30-6:15pm   7:00-8:00am   Marty - Lap Pool   Group Cyde   Cird Mobility   Strength Train Together   Group Cyde   STRONG Nation®
STRONG         HIIT         Cyde/Sculpt         Zumba         Masters Swim           5:30-6:15pm         5:00-5:45pm         5:30-6:20pm         5:30-6:15pm         7:00-8:00am           Kristen -FS 1         Suzanne - FS 1         Yonika- CR         Greta- FS 1         Marcy - Lap Pool           Group Cyde         Cird Mobility         Strength Train Together         Group Cyde         STRONG Nation®
STRONG         HIIT         Cyde/Sculpt         Zumba         Masters Swim           5:30-6:15pm         5:00-5:45pm         5:30-6:20pm         5:30-6:15pm         7:00-8:00am           Kristen -FS 1         Suzanne - FS 1         Yonika- CR         Greta- FS 1         Marcy - Lap Pool           Group Cyde         Cird Mobility         Strength Train Together         Group Cyde         STRONG Nation®
STRONG         HIIT         Cyde/Sculpt         Zumba         Masters Swim           5:30-6:15pm         5:00-5:45pm         5:30-6:20pm         5:30-6:15pm         7:00-8:00am           Kristen -FS 1         Suzanne - FS 1         Yonika- CR         Greta- FS 1         Marcy - Lap Pool           Group Cyde         Cird Mobility         Strength Train Together         Group Cyde         STRONG Nation®
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STRONG         HIIT         Cyde/Sculpt         Zumba         Masters Swim           5:30-6:15pm         5:00-5:45pm         5:30-6:20pm         5:30-6:15pm         7:00-8:00am           Kristen -FS 1         Suzanne - FS 1         Yonika- CR         Greta- FS 1         Marcy - Lap Pool           Group Cyde         Cird Mobility         Strength Train Together         Group Cyde         STRONG Nation®
STRONG         HIIT         Cyde/Sculpt         Zumba         Masters Swim           5:30-6:15pm         5:00-5:45pm         5:30-6:20pm         5:30-6:15pm         7:00-8:00am           Kristen -FS 1         Suzanne - FS 1         Yonika- CR         Greta- FS 1         Marcy - Lap Pool           Group Cyde         Cird Mobility         Strength Train Together         Group Cyde         STRONG Nation®
STRONG         HIIT         Cyde/Sculpt         Zumba         Masters Swim           5:30-6:15pm         5:00-5:45pm         5:30-6:20pm         5:30-6:15pm         7:00-8:00am           Kristen -FS 1         Suzanne - FS 1         Yonika- CR         Greta- FS 1         Marcy - Lap Pool           Group Cyde         Cird Mobility         Strength Train Together         Group Cyde         STRONG Nation®
5:30-6:15pm     5:00-5:45pm     5:30-6:20pm     5:30-6:15pm     7:00-8:00am       Kristen -FS 1     Suzanne - FS 1     Yonika- CR     Greta- FS 1     Marcy - Lap Pool       Group Cyde     Cird Mobility     Strength Train Together     Group Cyde     STRONG Nation®
5:30-6:15pm     5:00-5:45pm     5:30-6:20pm     5:30-6:15pm     7:00-8:00am       Kristen -FS 1     Suzanne - FS 1     Yonika- CR     Greta- FS 1     Marcy - Lap Pool       Group Cyde     Cird Mobility     Strength Train Together     Group Cyde     STRONG Nation®
Group Cycle Circl Mobility Strength Train Together Group Cycle STRONG Nation®
6:15-7:00pm   6:00-6:45pm   5:45pm-6:45pm   6:15-7:00pm   8:30-9:15am
Erin-CR JoJo-FS1 Minerva-FS1 Yonika-CR Julie W – FS1
Strength Train Together Core and More TRX Hatha Yoga Group Cyde
6:30-7:30pm   <b>6:15-7:15PM   7:00-7:45pm</b>   6:15-7:20pm   9:30-10:15am
Minerva - FS 1 Andrea- WC Amy M- CR Neeta- FS2 Andrea- CR
Hatha Yoga WERQ WERQ® Pound Strength Train Together
7:10-8:20pm 7:00-7:45pm 7:00-7:45pm 7:00-7:45pm 9:30-10:30am
Neeta – FS2 Jolo-FS1 Kristen – FS1 Anna-FS1 Greta - FS1









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## **Group Fitness Schedule**

**Kids Corner Hours:** Monday-Friday: 8:45am-12:00pm Monday-Friday: 4:30-8pm Saturday-Sunday: 8:30-12pm **Activity Center Hours:** Monday-Friday 4:30-8pm

#### \*Classes that use weights.

CARDIO ATHLETIC CLASSES: Limited choreography, easy to follow classes that range from int. to adv. intensity.

\*Boot Camp: For those looking for a challenging workout. You can expect running, plyometrics, cardio and strength drills, obstacle courses etc. Any level, can be modified.

**Group Cycling**: A variation of rides including hills, climbs, speed-play, and jumps set to music to increase your cardio output. Some classes may resemble road rides and use virtual guided scenery.

\*Cycle/Sculpt: A mixed format that includes cycle elements along with intervals of strength training.

Kick Boxing: High intensity cardio class using boxing technique to make it fun and challenging. Int/Adv. Can be modified.

**Barre:** A ballet inspired class that does include more fitness-type exercises. This class focuses on strength and endurance as well as balance and flexibility. This class would be appropriate for intermediate to advanced participants.

\*Cardio Mix: This class is a mixed format. It incorporates HIIT, Kickboxing, step, strength and more.

\*STRENGTH TRAINING CLASSES: Easy to follow classes that follow traditional strength training principles for all fitness levels.

**Strength Train Together™:** This MOSSA™ barbell class, will sculpt, tone and strengthen your entire body, FAST! A great workout for all levels. This class includes functional movements that help keep you strong and healthy for daily life.

**Low Impact Cardio/Strength:** A class that includes cardio, strength, balance and stretching designed for people who are looking for a complete, safe workout that can be modified to provide a great workout for individuals with limitations as well as to fit active adults. And its lots of fun!!!

**Pumped Up:** This general strength training class uses dumbbells, BOSU, bands, and more to help you improve strength, balance, and core stability.

**HardCore:** A core focused workout for 30 minutes, working all angles of the core- flexibility, mobility, strengthening, and conditioning.

Butts and Guts: Focused on movements for the core. Learn new moves and do some of the old favorites!

#### **CHOREOGRAPHED CARDIO CLASSES:**

\*Step & Sculpt: This is a step aerobics class with some choreography that also includes core work, strength training and stretching. Any level. \*Regular Step class does not include weights

**Zumba**: This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. \***Zumba Toning-** incorporates your favorite moves and adds light weights.

**WERQ:** This is a fun class that uses Hip Hop and Top 40 hits to motivate you to dance your way to fitness. A fusion of exercise and hip hop dance. Any level.

**STRONG Nation:** Combines body weight, muscle conditioning, and plyometric movements to increase your fitness level. Movements are set to music and are at various levels of intensity, kickboxing and MMA elements are throughout the workout.

### **MIND BODY FITNESS CLASSES:**

**Hatha Yoga**: Yoga has physical, psychological and spiritual benefits. While working on challenging postures, breathing exercises and meditation you will improve your strength and flexibility, mental clarity and general wellbeing while controlling stress.

**Pilates**: A multi-level fitness routine that will increase and create balance between strength and flexibility. You can expect longer and leaner muscles, stress relief, improved posture, coordination, balance, flexibility and increased core strength. Pilates is not recommended for those with osteoporosis.

Pilates Fusion: A blend of Pilates, Barre, and Flowing Functional movements

**Gentle Vinyasa Yoga:** Keeping the principles of a Vinyasa, the gentle flow of the movements will give the same benefits without the continuous movement.

**Vinyasa Yoga**: A powerful vinyasa flow class designed to strengthen the entire body, enhance toning, increase flexibility and promote circulation. Intense enough for advanced students and a variety of modifications offered to welcome new students looking for a challenge.

**Circl Mobility:** This class uses a mix of flowing movements, static stretches and balance to improve and stimulate recovery. Great for those wanting needing an alternative to high impact or those needed to add flexibility training.

**Enouia Essence:** A style of meditation that taps into the mind to focus on internal balance, mindfulness, concentration, and breathing patterns to improve your overall self-awareness.

Last Updated- 10/30/2024





