



# GROUP FITNESS SCHEDULE

Fall 1 Session  
Sept 5th– Oct 22nd



Beginner, 
 Novice, 
 Intermediate, 
 Sweat, 
 Advanced

## STRENGTH, TONING & ENDURANCE

GROUP CYCLING	M/W (AR)	5:30-6:20 AM	<b>MEMBERS ONLY</b> Must call one hour before class to reserve your spot. For 5:30 AM class, reservations begin at 4PM Sunday, 8PM on Tues/Thurs
	T/TH (AR)	9:00-9:50 AM	
	M/W (AR)	7:10-8:00 PM	
	SAT (AR)	8:00-8:50 AM	
Warm-up, steady up-tempo cadence, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose. Constant adjustment is normal. Just bring a towel and a water bottle.			
INTERVAL MAXIMUM/PILATES  (Aerobics Room)	T/TH	5:30-6:15 AM	Non Member \$30
A 45-minute workout based on the interval-training concept. This workout will improve your cardiovascular fitness level and boost your metabolism, therefore allowing you to burn more total calories. Strong emphasis on toning through weight resistance exercises. These intervals are not only extremely challenging but also easy to learn and fun to do.			
AB-NOXIOUS  (Aerobics Room) <i>*NEW</i>	M/W	8:30-8:55 AM	Non Member \$55
Get to those trouble spots with this quick but effective workout that really hits below the belt. A great workout to add in with your cardio exercise program.			
STEP EXTRAVAGANZA  (Aerobics Room)	M/W/F	9:00-9:55 AM	Non Member \$70
Burn fat and have fun. This ever changing workout will keep you moving while setting your body up for maximum fat burning capabilities. Keeps the muscles guessing and keeps you motivated. Class will incorporate all types of fitness equipment, muscle toning, & abdominal work.			
STEP AND CORE  (Aerobics Room) <i>*NEW</i>	M/W	4:15-4:55 PM	Non Member \$55
This class is set for beginners looking to get a quick workout in. It has all the same great things about your original step class, just slower paced with some great core work added in. You will love this quick burn and leave feeling great.			
MORNING MASH UP  (Aerobics Room)	M/W/F	10:00-10:55 AM	Non Member \$70
This workout is ever-changing to challenge even the fittest individuals. It can also be modified for beginners as well. Great cardiovascular workout also incorporates strength, flexibility, and muscle endurance. This class will include a mixture of kick boxing, bag work, spinning, TRX, and weights, on any given day! Be prepared for anything! This class is fun, functional fitness. Open to youth ages 9 yrs. and up accompanied by an adult, at instructor's discretion.			

<b>*NEW</b>  <b>COUCH TO 5K</b> 🙋🏻🤔🤔 (Bike Path)	M	6:00-7:00 PM	<b>Member</b> <b>\$20</b> <b>Non Member</b> <b>\$70</b>
	T	7:00-8:00 PM	
	TH	6:00-7:00 PM	
Transform from a couch potato to a runner. A running program designed for beginners to gradually get into a running routine and be able to run a 5K without stopping. You will be starting your training program at the Y and walking/ jogging/ running through Melvin Miller bike path. At the end of your 7-week training program you will be doing your own 5K event. You will take the same route that your instructor will take you through during your training. You will earn a bib, shirt, and medal for all your hard work!			

## DANCE FITNESS

<b>DANCE MIX-UP</b> 😊🤔🤔 (Aerobics Room)	T/TH	10:00-10:55 AM	<b>Non Member</b> <b>\$60</b>
	M/W	6:00-6:55 PM	<b>Non Member</b> <b>\$60</b>
Find your perfect dance workout here! Build cardio fitness, improve stamina, and burn those unwanted calories while you move to the beat of some great music. A mix of oldies, Latin, pop and country music means there's something for everyone to groove to – you'll have so much fun you'll forget it's a workout! Make it low impact, high, or anywhere in between.			
<b>ZUMBA/DANCE FITNESS</b> 😊🤔🤔 (Aerobics Room)	T/TH	6:00-6:55 PM	<b>Non Member</b> <b>\$60</b>
This class takes Salsa with a fusion of dance mixed in for a total body workout that will get your heart pumping while you're having fun!! This workout is a mixture of body sculpting movements with easy to follow dance steps. It's fun, different, and effective!!			

## PILATES & YOGA

<b>PILATES TRANSFORMED</b> 🤔 (Aerobics Room)	M/W	6:30-7:00 AM	<b>Non Member</b> <b>\$30</b>
A variety of equipment will be used to take it to the next level. With variety and added resistance your body will change.			
<b>PILATES POWER</b>	M/W/F 🤔 (Multi-Purpose Room)	10:00-10:55 AM	<b>Non Member</b> <b>\$70</b>
	M/TH 🙋🏻🤔 (Leadership Room)	6:15-6:55 PM	<b>Non Member</b> <b>\$60</b>
This is not a cardio workout – but it's still a challenge. Total body awareness, balance, posture, optimal breathing. Great core training and abdominal work. This is a very popular class; sign up early. You won't want to miss this one!			
<b>YOGA</b> 🙋🏻 (Multi-Purpose Room)	T/TH	10:05-11:00 AM	<b>Non Member</b> <b>\$60</b>
Increase physical flexibility, strength, energy, and balance while relaxing and calming the mind. Primarily Hatha YOGA stretches and poses, with a few Pilates and qigong exercises too. This class is suitable for any fitness level.			
<b>M3: YOGA</b> 🙋🏻🤔 (Leadership Room)	M/TH	7:00-8:15 PM	<b>Non Member</b> <b>\$70</b>
Learn to listen to and work with your body, as it is, as you move through a Kripalu-based series of asanas or poses to increase flexibility, stamina, and strength. Basic pranayam (breath), anatomy, and meditation are woven into this class so you will use what you learn as you go. Bring a mat and your favorite props.			
<b>FALLS PREVENTION/YOGA AS THERAPY</b> <b>(Aerobic Room)</b>	M/W	11:30AM-1:30 PM	<b>Non-Member</b> <b>\$90</b>
Using yoga techniques coupled with basic fitness and rehabilitative principles, we will tap into the mind/body's innate healing abilities through supportive postures and awareness exercises, giving each student the tools to heal themselves, build muscular strength, and improve balance and range of motion. Class is limited to 12 students; previous yoga experience not required. Please note that this class is NOT a substitute for professional physical therapy or medical care.			

TRX 🤔 😬 (Aerobics Room)	M/W	5:00-5:45PM	Members Only
	T/TH	5:00-6:00 PM	
	SAT	9:00-9:55 AM	
Born in the Navy SEALs, TRX Suspension training uses your own body weight for resistance, building strength, balance, flexibility and core strength simultaneously. Completely customizable to your fitness level – just change your body position to increase or decrease resistance.			
SUSPENSION TRAINING/FULL BODY TUNE-UP (Aerobics Room) 🤖	T/TH	7:00-8:00 PM	Non Member \$60
A truly VARIED workout class - high-intensity intervals, cardio, boot camp-style partner exercises, yoga & Pilates for flexibility, and now suspension training! Perfect for someone who gets bored with the same ol' routine.			

### GOAL SETTING/EDUCATION/PERSONAL TRAINING

FIT START PROGRAM	By appointment only	Members Only
The Fit Start Program is designed to help YMCA members who are new to exercise, returning after a lengthy absence, unable to establish an exercise routine, or coming back from an injury or illness. You will meet with a certified personal fitness coach a minimum of four times over a 7 week period. Your coach will monitor your progress and provide personalized feedback on a weekly basis. Individual exercise sessions are done at your convenience.		
PERSONAL TRAINING	By appointment only	Members Only
Set and reach your goals with one-on-one training sessions with your own nationally-certified personal trainer. Your trainer will work with you on your personalized program, provide motivation, help you with form and technique, and provide updated health/fitness information. Members only - \$70 per card; cards are good for four 45-minute sessions or six 30-minute sessions.		

## CHILDWATCH - Babysitting Service

Children ages 6 weeks to 10 years may stay for up to two hours while parents use the Y. FREE for members; nominal fee for non-members.

Mornings Mon. - Fri.      8:30 AM - 11:30 AM  
 Saturdays                      8:00 AM - 12:00 Noon  
 Evenings Mon. - Thurs.    5:00 - 8:30 PM

