



# GROUP FITNESS SCHEDULE

Fall 1 Session  
Sept 3rd– Oct 20th

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	
	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.			
DEEP STRETCH   (Aerobics Room) <b>*NEW</b>	T/TH	6:20–6:35 AM	FREE
Following Interval Maximum, this class will be a deep stretching class to relieve stiffness and soreness. Slowly increasing flexibility and joint range of motion.			
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.			
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.			
TRX (Aerobics Room) <i>This class can be modified but it is not recommended for beginners</i>	T/TH	5:00–5:55 PM	<b>Members Only</b>
	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. THURSDAY NIGHTS the class will incorporate a Yoga Flow.			

## CONT'D STRENGTH, TONING & ENDURANCE

<b>OUTDOOR FUNCTIONAL FITNESS (Shelter House)</b> 🤔 🤔 <b>*NEW</b>	<b>M/W</b>	<b>5:00-5:55 PM</b>	<b>MEMBERS ONLY</b>
Real-life movements and activities taken outdoors ... Movements such as squatting, reaching, pulling, and lifting will be made easier with <b>functional fitness</b> integrated into your exercise routine. We will be using tires, TRx straps, etc. On rainy days, we will take the class inside to do TRX and strength training.			
<b>HIIT</b> 🏃 (Aerobics Room) <b>*NEW</b>	<b>M</b>	<b>7:00-7:55 PM</b>	<b>Non-Member \$30</b>
HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.			

## DANCE FITNESS

<b>DANCE MIX-UP</b> 😊 😊 🤔 (Aerobics Room)	<b>M/W</b>	<b>6:00-6:55 PM</b>	<b>Non Member \$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)	<b>T/TH</b>	<b>6:00-6:55 PM</b>	<b>Non Member \$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)	<b>M/W</b>	<b>6:30-7:00 AM</b>	<b>Non Member \$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> 😊 😊 🤔	<b>M/W/F (Leadership)</b>	<b>10:00-10:55 AM</b>	<b>Non Member \$70</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>TRX YOGA FLOW</b> 🤔 (Aerobics Room)	<b>T/TH</b>	<b>10:05-11:00 AM</b>	<b>Non Member \$60</b>
Increase physical flexibility, strength, energy, and balance while relaxing and calming the mind. Using elements of yoga and Pilates with TRX based exercises creates a cutting-edge workout that builds both length and strength. This class is suitable for any fitness level. Spots are limited.			
<b>M3: YOGA</b> 😊 😊 (Leadership Room)	<b>M/TH</b>	<b>7:00-8:15 PM</b>	<b>Non Member \$70</b>
	<b>SAT</b>	<b>10:00 AM</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>CHAIR DANCE &amp; STABILITY BALL</b> 😊 (MPR) <b>*NEW</b>	<b>M/W</b>	<b>11:30-12:30</b>	<b>Non Member \$70</b>
Two great classes in one. Start with getting your heart rate up with dancing. You never have to leave the chair, so it is low impact but it will raise your heart rate. After getting the heart rate up you will move to some toning and balance moves on the stability balls. If you aren't comfortable with the ball, this can be modified. Get a great mixed workout and feel great when you're finished!			

## PILATES & YOGA CONT'D

<b>FALLS PREVENTION/YOGA AS THERAPY</b>	<b>M/W</b>	<b>12:30 AM-1:30 PM</b>	<b>Non-Member \$90</b>
<p>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.</p>			

## GOAL SETTING/EDUCATION/PERSONAL TRAINING

<b>FIT START PROGRAM</b>	<b>By appointment only</b>	<b>Members Only</b>
<p>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.</p>		
<b>PERSONAL TRAINING</b>	<b>By appointment only</b>	<b>Members Only</b>
<p>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.</p>		

## 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**

