the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

All group fitness classes are included in your FFY membership

AM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-6:00 AM Pilates Emma Spin Studio	5:30-6:30 AM BodyBalance Deb Group Fitness Studio	5:00-6:00 AM Pilates Emma Spin Studio	5:30-6:15 AM Spin Bootcamp Kristen Spin Studio	5:00-6:00 AM Pilates Emma Spin Studio	7:00-8:00 AM BodyPump Renee Group Fitness Studio
5:30-6:30 AM BodyPump Kristen Group Fitness Studio	7:00-7:55 AM Mix It Up Missy Group Fitness Studio	5:30-6:15 AM Queenax Training Deb Cross Training Room	5:30-6:00 AM Core and More Deb Group Fitness Studio	5:30-6:30 AM BodyPump Sarah Group Fitness Studio	8:15-9:00 AM Power Spin Jenny Spin Studio
7:00-8:00 AM Power Spin Will Spin Studio	8:15-9:00 AM Power Spin Jenny Spin Studio	6:30-7:30 AM BodyBalance Renee Group Fitness Studio	6:00-7:00 AM BodyBalance Deb Group Fitness Studio	7:00-7:55 AM Mix It Up Missy Group Fitness Studio	9:15-10:15 AM BodyCombat Angie Group Fitness Studio
8:10-9:10 AM BodyPump Angie Group Fitness Studio	9:15-10:00 AM Queenax Training Diana Cross Training Room	7:00-8:00 AM Power Spin Will Spin Studio	7:00-7:55 AM Mix It Up Missy Group Fitness Studio	8:10-9:10 AM BodyPump Angie Group Fitness Studio	9:15-10:15 AM Youth Power Hour Caitlin (Ages 7-13) Turf Room
10:05-11:05 AM Forever Fit Joyce Group Fitness Studio	9:30-10:30 AM Silver Sneakers Margret Group Fitness Studio	8:00-9:00 AM Yoga Bre Spin Studio	8:15-9:00 AM Power Spin Jenny Spin Studio	9:30-10:20 AM Silver Sneakers Cheryl Group Fitness Studio	
11:15AM-12:15PM Silver Sneakers Margret Group Fitness Studio	10:45-11:45 AM Movement Improvement Ruben Group Fitness Studio	8:10-9:10 AM BodyPump Angie Group Fitness Studio	9:15-10:00 AM Queenax Training Diana Cross Training Room	10:45-11:45 AM Movement Improvement Ruben Group Fitness Studio	
		9:15-10:00 AM BodyCombat Angie Group Fitness Studio	9:30-10:30 AM Silver Sneakers Margret Group Fitness Studio	12:00-12:45 PM Virtual Spin Spin Studio	
		9:15-10:10 AM Chair Yoga Bre Spin Studio	10:45-11:45 AM Movement Improvement Ruben (Boxing) Group Fitness Studio		
		9:15-10:00 AM Queenax Training Diana Cross Training Room			
		10:05-11:05 AM Forever Fit Joyce Group Fitness Studio			
		11:15 AM-12:15 PM Movement Improvement Ruben Group Fitness Studio			

PM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:30 PM BodyPump Sara Group Fitness Studio	4:30-5:25 PM Rhythm in Motion Nancy Group Fitness Studio	4:40-5:40 PM BodyPump Nancy Group Fitness Studio	4:30-5:25 PM Rhythm in Motion Nancy Group Fitness Studio		
5:40-6:40 PM BodyCombat Nancy Group Fitness Studio	5:00-6:00 PM Pilates Emma Spin Studio	5:00-6:00 PM Spin/Core Deb Spin Studio	5:00-6:00 PM Pilates Emma Spin Studio		
5:45-6:45 PM Yoga Flow Andrea Spin Room	5:30-6:30 PM BodyCombat Angie Group Fitness Studio	5:45-6:45 PM BodyBalance Nancy Group Fitness Studio	5:30-6:30 PM BodyPump Renee Group Fitness Studio		
6:15-7:15 PM HIIT Caitlin Cross Training Room	6:35-7:25 PM Zumba Rosanna Group Fitness Studio		6:30-7:30 PM Zumba Rosanna Group Fitness Studio		

CLASS DESCRIPTIONS

- **BodyBalanceTM –** This is a yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. It will help improve joint flexibility & range of motion, increase your core strength and reduce your stress levels. A new BodyBalance class is released every 3 months with new music and choreography.

- **BodyCombat –** A high-energy, non-contact martial arts-inspired workout program created by Les Mills, where you punch and kick your way to fitness, drawing from various martial arts disciplines like karate, taekwondo, boxing, Muay Thai, Capoeira, and Kung Fu.

- **BodyPumpTM –** Welcome to the original barbell class that strengthens your entire body. This 60 minute workout challenges all of your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.

- **Chair Yoga:** A gentle, accessible yoga class using a chair for support to improve flexibility, mobility, and relaxation. Ideal for all levels, especially those looking for a low-impact practice.

- **Core and More:** Focus on strengthening your core while incorporating functional exercises for balance, stability, and total-body strength. Great for improving posture and everyday movement.

- **Forever Fit** – A class designed for the active older adult but all ages are welcome! It includes low impact aerobics, dancing and stretching. This class helps keep muscles and bones strong and increases the participants' balance, coordination and range of motion. Enjoy easy-listening music and line dance steps.

- **HIIT:** A fast-paced workout combining high-intensity intervals with strength training using dumbbells or other weights. Expect short bursts of effort, minimal rest, and a full-body burn that boosts both power and metabolism.

- **Mix It Up –** 50 minute class that combines Yoga, Pilates, and other exercises for a full body workout that is never the same thing twice. Utilizing a variety of equipment, we combine core strength with balance and flexibility for a total body workout, ending with stretching and relaxation. This class is ever changing, fun, creative and allows you to work at your own pace and ability.

- **Movement Improvement –** This class is specific to the population living with neurological disorders, such as MS, Parkinson's, RA, etc. It will be a safe exercise environment with goals of increasing range of motion, improving strength & balance and socializing with others to gain better physical & neurological abilities. This class is a lot of fun!

- **Pilates –** A challenging, low-impact workout that targets deep core muscles, strength, and control using mat-based movements and light weights. Expect slow, precise exercises that build endurance, improve stability, and leave you feeling strong from head to toe.

- **Queenax –** A functional training workout that wraps strength training, agility, core, and plyometrics together for one fantastic workout. This class is de- signed for people of all physical abilities, with modifications and alternative moves guaranteed to make you successful.

- **Rhythm in Motion –** This low-impact class will use line dancing and other popular dance songs to make your workout fun! Dancing can improve strength and stamina along with reducing stress. Cowboy boots are optional!

- **Silver Sneakers –** Have fun & move to music through a variety of exercises designed to increase muscular strength, range of movement & activity for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. Chairs are used.

- **Spin/Core –** A dynamic fusion of cycling and focused core work that boosts cardiovascular fitness while strengthening your midsection. Expect an efficient, results-driven workout.

- **Spin Bootcamp –** A high-energy workout that combines cycling intervals with off-the-bike strength and cardio exercises for a full-body challenge. Build endurance, power, and overall athletic performance.

- **Yoga –** This class incorporates simple flowing sequences to warm up the body and slower pace movements to focus on improving alignment, strength, balance, and flexibility. Yoga poses may be modified to individuals' needs. No prior yoga experience required.

- **Youth Power Hour –** Our high-energy kids fitness class for ages 7–13 keeps kids moving and having fun with a mix of activities like spinning, HIIT, dodgeball, and more. Each class builds strength, confidence, and teamwork while making exercise feel like play.

- **Zumba –** An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.