



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

FREMONT FAMILY YMCA

As of November 1, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 AM BODYPUMP Kristen Zoom Option	5:30-6:15 AM Chisel & Sculpt Kristen Zoom Option	5:20-6:20 AM BODYPUMP Mallory Zoom Option	5:30-6:00 AM CXWORX Sara Zoom Option	5:30-6:30 AM BODYPUMP Sarah Zoom Option	7:20-8:20 AM BODYPUMP Sara Zoom Option	
6:30-7:30 AM BODYFLOW Deb Zoom Option	6:20-6:50 AM CXWORX Deb Zoom Option	6:30-7:30 AM BODYFLOW Deb Zoom Option	5:30-6:15pm Queenax Deb Cross Training	5:45-6:15 AM Energy Ride Jenny Large Gym	8:30-9:15 AM Energy Ride Jenny Large Gym	
8:10-9:10 AM BODYPUMP Christy Zoom Option	7:05-7:55 AM Yogilates Michele	8:10-9:10 AM BODYPUMP Angie Zoom Option	6:05-7:00 AM High Fitness Mallory Zoom Option	7:05-7:55 AM Yogilates Michele	8:30-9:30 AM High Fitness Mallory Zoom Option	
9:15-9:50 AM Barre Christy Zoom Option	8:15-9:00 AM Power Spin Jenny Large Gym	10:00-11:00 AM Forever Fit Joyce	7:05-7:55 AM Yogilates Melissa	8:10-9:10 AM BODYPUMP Angie Zoom Option	9:00-9:45am Queenax Rotating Cross Training	
10:00-11:00 AM Forever Fit Joyce	8:50-9:50am Silver Sneakers Laura	11:15AM-12:15 PM Movement Improvement Stacy Zoom Option	8:15-9:00 AM Power Spin Christy Large Gym	9:30AM-10:30 AM Movement Improvement Stacy Zoom Option	9:35-10:05 AM CXWORX Mallory Zoom Option	
	9:00-9:45am Queenax Rebecca Cross Training		8:50-9:50am Silver Sneakers Laura			
	10:00-11:00 AM Tai Chi Shirley Zoom Option		9:00-9:45am Queenax Diana Cross Training			
	12:00-1:00 PM BODYPUMP Christy Zoom Option		10:00-11:00 AM Tai Chi Shirley Zoom Option			
			PM CLASSES			
	4:30-5:15pm Queenax Angie Cross Training		12:00-1:00 PM BODYPUMP Christy Zoom Option			
4:30-5:30 PM BODYPUMP Angie Zoom Option	4:45-5:30 PM Group Cycling Irene Large Gym	4:30-5:30 PM Kick Boxing/CXWORX Christy & Angie Zoom Option	4:30-5:30 PM BODYPUMP Mallory Zoom Option			
5:40-6:10 PM CXWORX Angie Zoom Option	5:30-6:30 PM High Fitness Mallory Zoom Option	5:35-6:35 PM BODYPUMP Rotating Instructors Zoom Option	4:45-5:30 PM Group Cycling Irene Large Gym			
6:15-7:15 PM BODYFLOW Deb Zoom Option	6:35-7:35 PM Anything Goes Cardio Deb Zoom Option		5:40-6:40 PM Cardio /CXWORX Deb Zoom Option			

Covid-19 Group Exercise Changes

- Class location is listed as either Large Gym or Fitness Studio. The Large Gym will be the curtained off area on the far side of the court.
- Please do not show up for class more than 5 min. early. The process for entering the Y will be through the Wellness Center, however the process does not take more than 30 seconds to a minute. (It can be a little longer your first time back to the Y.)
- There will be a towel in the Group Fitness area for cleaning off equipment. Members are encouraged to clean equipment off before they use it and are required to clean the equipment after they use it.

Ask to join our Fremont Family YMCA Group Fitness Facebook group AND download our APP (Daxko- YMCA of Fremont) for all updates/cancelations/ motivation.

LES MILLS
BODYPUMP **BODYFLOW**



MORE CLASS DESCRIPTIONS CAN BE FOUND ON OUR YMCA 'DAXKO' APP.

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Class Descriptions

Boot Camp– High Intensity Intervals to Tabata to fun challenges; tons of different exercises from body weight to the use of a variety of equipment. There are plenty of modification to take your workout up or down a notch.

Barre Fit – The same ballet inspired class with the focus on cardio and strength. Feel the burn fast in this shortened Barre class.

Cardio Barre – Sure to get your heart rate up with our ballet-inspired class using light weights and ballet barres to tone and strengthen the entire body. Cardio and strength training are both included to give you the lean muscle you are looking for! Also improve on flexibility! No dance experience required. It is great for ALL levels of ability!

BodyFlow™ – 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 BODYFLOW class is released every 3 months with new music and choreography.

BodyPump™ – 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. Great music, awesome instructors and your choice of weight inspires you to get the results you came for – and fast!

Cardio Dance Fitness – dance workouts to help you move, shake, and groove your way to burn calories the fun way.

Chisel & Sculpt – A combination of strength training & high intensity interval training that challenges you muscles, burn calories and build total-body strength,

Cycle Boot Camp – Pedal your way to a healthier life! 15 minutes of cycle followed by 15 minutes of strength training and repeat to make a fun workout (increments of cycle/strength/core may change) Great for beginner or the advanced cyclist.

CXWORX: Exercising your core and the muscles around your core for 30 mins. You work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

Energy Ride– Get in gear indoors! Transform the way you look and feel with this fat-burning cardio full body workout! You will climb, jog, sprint and dance your way to a new healthier you!

Forever Fit – A class designed for the active older adult but all ages are welcome! It includes low impact aerobics, stretching and the usage of light hand weights. 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.

Guts and Butts – You get 40 minutes of high intensity cardio step aerobics and 20 minutes of muscle toning and strengthening exercises all in one great class. Great for men and women.

Intensity Fusion: Using your body weight, light hand weights and you'll move through a series of fast-paced cardio intervals with kickboxing, mountain climbers, jumps, steps and nonstop movement to help you reach a maximum burn and increase endurance and agility. The class sequences change often so you never get bored and the challenge stays fresh. This class will have high-energy and alternate from using steps to a combination of athletic movements. Many moves that cater for your beginners to your fitness fanatics.

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 – This class uses a series of exercises lying on a mat or using a stability ball to promote core strength, flexibility, good posture and improved body awareness.

Tai Chi – strengthen the central nervous system and stimulate the cerebral cortex, both helping the brain to rest and relieve certain nervous and mental disease. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Yogilites – Combines the best of both yoga & Pilates in one terrific workout. Stability balls & hand weights are also incorporated into the class.

20-20-20 Burn – 20 minutes cycle, 20 minutes kickboxing, 20 minutes core work!

Hiit Queen: A full body, high intensity workout on the Queenax. Your instructor will make use of the entire Queenax to provide a well-balanced circuit training workout.

Tabata Queen: This class consists of a full body workout, combining strength exercises with cardio. This workout is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time.

Queenax Bootcamp: An all-in-one workout that wraps strength training, agility, core, and plyometrics together for one fantastic workout. This class is designed for people of all physical abilities, with modifications and alternative moves guaranteed to make you never feel left out.

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