



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

****All group fitness classes are included in your FFYMCA membership**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM CLASSES					
5:30-6:30 AM BodyPump Kristen Zoom Option	5:30-6:15 AM Spin Boot Camp Kristen Spin Room	5:30-6:15 AM Queenax Training Deb Cross Training Room	5:30-6:10 AM Power Spin Sara Spin Studio	5:30-6:30 AM BodyPump Sarah Zoom Option	7:00-8:00 AM BodyPump Renee Zoom Option
8:10-9:10 AM BodyPump Angie Zoom Option	5:30-6:30 AM BodyBalance Deb Zoom Option	6:30-7:30 AM BodyBalance Renee Zoom Option	5:30-6:00 AM Les Mills Core Deb Zoom Option	7:00-7:55 AM Mix It Up Missy Zoom Option	8:15-9:00 AM Power Spin Jenny Spin Studio
9:20-10:00 AM Les Mills Body Combat Angie Zoom Option	7:00-7:55 AM Mix It Up Missy Zoom Option	8:10-9:10 AM BodyPump Angie Zoom Option	6:00-7:00 AM BodyBalance Deb Zoom Option	8:10-9:10 AM BodyPump Angie Zoom Option	
10:05-11:05 AM Forever Fit Joyce Zoom Option	8:15-9:00 AM Power Spin Jenny Spin Studio	9:15-10:00 AM Queenax Training Diana Cross Training Room	7:00-7:55 AM Mix It Up Missy Zoom Option	9:30-10:20 AM Silver Sneakers Cheryl Zoom Option	
11:15AM-12:15PM Silver Sneakers Margret Zoom Option	9:30-10:30 AM Silver Sneakers Margret Zoom Option	10:05-11:05 AM Forever Fit Joyce Zoom Option	8:15-9:00 AM Power Spin Jenny Spin Studio	10:45-11:45 AM Movement Improvement Ruben Zoom Option	
	9:15-10:00 AM Queenax Training Diana Cross Training Room	11:15AM-12:15PM Movement Improvement Ruben Zoom Option	9:30-10:30 AM Silver Sneakers Margret Zoom Option	12:00-12:45 PM Virtual Spin Spin Room	
	10:45-11:45 AM Movement Improvement Ruben Zoom Option		9:15-10:00 AM Queenax Training Diana Cross Training Room		
			10:45-11:45 AM Tai Chi Connie Zoom Option		
PM CLASSES					
4:30-5:30 PM BodyPump Sara Zoom Option	4:30-5:25 PM Rhythm in Motion Nancy Zoom Option	4:30-5:15 PM BodyPump Express Nancy Zoom Option	4:30-5:30 PM BodyCombat Virtual Class		
6:30-7:15 PM Virtual Spin Spin Room	5:30-6:00 PM Cardio Aerobics Sara Zoom Option Followed By: 6:00-6:30 PM Les Mills Core Sara Zoom Option	5:30-6:30 PM BodyBalance Nancy Zoom Option	5:30-6:30 PM BodyPump Renee Zoom Option		
	5:45-6:45 PM Yoga Andrea Spin Room	5:30-6:15 PM Queenax Training (in Spanish) Diana Cross Training Room			
		6:15-7:15 PM Spin/Les Mills Core Deb Spin Studio			

Class Descriptions

BodyBalance™ - 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.

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!

Les Mills Core - 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. This will include some hip, glute and lower back exercises.

Power Spin - 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 strength 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, dancing and stretching. This class helps keep muscles and bones strong and increases balance, coordination and range of motion.

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.

Tai Chi - An ancient Chinese practice that combines gentle, flowing movements with deep breathing and meditation. It is considered a form of mind-body exercise that promotes health and well-being. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

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.

Queenax - A functional training 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 successful.

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.

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.

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.

Cardio Aerobics - This class will combine basic aerobics moves as well as work-rest intervals to increase your cardio fitness and endurance.

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

LES MILLS
FOR A FITTER PLANET

