



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	5:30-6:15 AM Total Body Conditioning Sara	5:30-6:15 AM Queenax Training Deb Cross Training Room	5:30-6:15 AM Spin Bootcamp Kristen Spin Studio	5:30-6:30 AM BodyPump Sarah	7:00-8:00 AM BodyPump Renee
8:10-9:10 AM BodyPump Angie Zoom Option	5:30-6:30 AM BodyBalance Deb Spin Room	6:30-7:30 AM BodyBalance Renee	5:30-6:00 AM Core and More Deb	7:00-7:55 AM Mix It Up Missy	8:15-9:00 AM Power Spin Jenny Spin Studio
9:15-10:00 AM Zumba Rosanna	7:00-7:55 AM Mix It Up Missy	8:10-9:10 AM BodyPump Angie	6:00-7:00 AM BodyBalance Deb	8:10-9:10 AM BodyPump Angie	9:15-10:15 AM BodyCombat Angie
10:05-11:05 AM Forever Fit Joyce	8:00-8:50 AM Yoga Brianna Spin Studio	9:15-10:00 AM BodyCombat Angie	7:00-7:55 AM Mix It Up Missy	9:30-10:20 AM Silver Sneakers Cheryl	
11:15AM-12:15PM Silver Sneakers Margret	8:50-9:25 AM Chair Yoga Brianna	9:15-10:00 AM Queenax Training Diana Cross Training Room	8:00-9:00 AM Yoga Brianna	10:45-11:45 AM Movement Improvement Ruben	
	8:15-9:00 AM Power Spin Jenny Spin Studio	10:05-11:05 AM Forever Fit Joyce	8:15-9:00 AM Power Spin Jenny Spin Studio	12:00-12:45 PM Virtual Spin Spin Room	
	9:30-10:30 AM Silver Sneakers Margret	11:15AM-12:15PM Movement Improvement Ruben	9:30-10:30 AM Silver Sneakers Margret		
	9:15-10:00 AM Queenax Training Diana Cross Training Room		9:15-10:00 AM Queenax Training Diana Cross Training Room		
	10:45-11:45 AM Movement Improvement Ruben		10:45-11:45 AM Movement Improvement (Boxing) Ruben		
PM CLASSES					
4:30-5:30 PM BodyPump Sara	4:30-5:25 PM Rhythm in Motion Nancy	4:45-5:30 PM BodyPump Express Nancy	4:30-5:25 PM Rhythm in Motion Nancy	5:15-6:15 PM Zumba Rosanna	
5:40-6:40 PM BodyCombat Nancy	4:30-5:15 PM Yoga Flow Brianna	5:00-6:00 PM Spin/Core Deb Spin Studio	5:30-6:30 PM BodyPump Renee		
5:45-6:45 PM Yoga Flow Spin Room Andrea	5:30-6:30 PM BodyCombat Angie	5:35-6:35 PM BodyBalance Nancy			
	6:30-7:20 PM Zumba Rosanna				

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.

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.

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 the participants' balance, coordination and range of motion. Enjoy easy-listening music and line dance steps.

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!

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.

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.

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.

Total Body Conditioning - Improve your overall fitness through a combination of cardio and strength training. The class will focus on working multiple muscle groups simultaneously, promoting both strength and endurance.

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.

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

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