



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                                                                    |                                                                                 |                                                                                 |                                                                                 |                                                                              |                                                                  |
| <b>5:30-6:30 AM</b><br><b>BodyPump</b><br>Kristen<br>Zoom Option              | <b>5:30-6:15 AM</b><br><b>BootCamp</b><br>Kristen<br>Clemmons Park              | <b>5:30-6:15 AM</b><br><b>Queenax Training</b><br>Deb<br>Cross Training Room    | <b>5:30-6:15 AM</b><br><b>Spin Bootcamp</b><br>Kristen<br>Spin Studio           | <b>5:30-6:30 AM</b><br><b>BodyPump</b><br>Sarah<br>Zoom Option               | <b>7:00-8:00 AM</b><br><b>BodyPump</b><br>Renee<br>Zoom Option   |
| <b>8:10-9:10 AM</b><br><b>BodyPump</b><br>Angie<br>Zoom Option                | <b>5:30-6:30 AM</b><br><b>BodyBalance</b><br>Deb<br>Zoom Option                 | <b>6:30-7:30 AM</b><br><b>BodyBalance</b><br>Renee<br>Zoom Option               | <b>5:30-6:00 AM</b><br><b>Core and More</b><br>Deb<br>Zoom Option               | <b>7:00-7:55 AM</b><br><b>Mix It Up</b><br>Missy<br>Zoom Option              | <b>8:15-9:00 AM</b><br><b>Power Spin</b><br>Jenny<br>Spin Studio |
| <b>9:15-10:00 AM</b><br><b>Cardio Barre</b><br>Sarah<br>Zoom Option           | <b>7:00-7:55 AM</b><br><b>Mix It Up</b><br>Missy<br>Zoom Option                 | <b>8:10-9:10 AM</b><br><b>BodyPump</b><br>Angie<br>Zoom Option                  | <b>6:00-7:00 AM</b><br><b>BodyBalance</b><br>Deb<br>Zoom Option                 | <b>8:10-9:10 AM</b><br><b>BodyPump</b><br>Angie<br>Zoom Option               |                                                                  |
| <b>10:05-11:05 AM</b><br><b>Forever Fit</b><br>Joyce<br>Zoom Option           | <b>8:15-9:00 AM</b><br><b>Power Spin</b><br>Jenny<br>Spin Studio                | <b>9:15-10:00 AM</b><br><b>Cardio Barre</b><br>Sarah<br>Zoom Option             | <b>7:00-7:55 AM</b><br><b>Mix It Up</b><br>Missy<br>Zoom Option                 | <b>9:30-10:20 AM</b><br><b>Silver Sneakers</b><br>Cheryl<br>Zoom Option      |                                                                  |
| <b>11:15AM-12:15PM</b><br><b>Silver Sneakers</b><br>Margret<br>Zoom<br>Option | <b>9:30-10:30 AM</b><br><b>Silver Sneakers</b><br>Margret<br>Zoom<br>Option     | <b>9:15-10:00 AM</b><br><b>Queenax Training</b><br>Diana<br>Cross Training Room | <b>8:00-9:00 AM</b><br><b>Beginners Yoga</b><br>Brianna<br>Zoom<br>Option       | <b>10:45-11:45 AM</b><br><b>Movement Improvement</b><br>Ruben<br>Zoom Option |                                                                  |
|                                                                               | <b>9:15-10:00 AM</b><br><b>Queenax Training</b><br>Diana<br>Cross Training Room | <b>10:05-11:05 AM</b><br><b>Forever Fit</b><br>Joyce<br>Zoom Option             | <b>8:15-9:00 AM</b><br><b>Power Spin</b><br>Jenny<br>Spin Studio                | <b>12:00-12:45 PM</b><br><b>Virtual Spin</b><br>Spin Room                    |                                                                  |
|                                                                               | <b>10:45-11:45 AM</b><br><b>Movement Improvement</b><br>Ruben<br>Zoom Option    | <b>11:15AM-12:15PM</b><br><b>Movement Improvement</b><br>Ruben<br>Zoom Option   | <b>9:30-10:30 AM</b><br><b>Silver Sneakers</b><br>Margret<br>Zoom<br>Option     |                                                                              |                                                                  |
|                                                                               |                                                                                 |                                                                                 | <b>9:15-10:00 AM</b><br><b>Queenax Training</b><br>Diana<br>Cross Training Room |                                                                              |                                                                  |
|                                                                               |                                                                                 |                                                                                 | <b>10:45-11:45 AM</b><br><b>Movement Improvement (Boxing)</b><br>Ruben          |                                                                              |                                                                  |
| PM CLASSES                                                                    |                                                                                 |                                                                                 |                                                                                 |                                                                              |                                                                  |
| <b>4:30-5:30 PM</b><br><b>BodyPump</b><br>Sara<br>Zoom Option                 | <b>4:30-5:25 PM</b><br><b>Rhythm in Motion</b><br>Nancy<br>Zoom Option          | <b>4:30-5:15 PM</b><br><b>BodyPump Express</b><br>Nancy<br>Zoom Option          | <b>4:30-5:15 PM</b><br><b>BodyCombat</b><br>Nancy<br>Zoom Option                |                                                                              |                                                                  |
| <b>5:40-6:40 PM</b><br><b>BodyCombat</b><br>Nancy<br>Zoom Option              | <b>5:30-6:30 PM</b><br><b>BodyCombat</b><br>Angie<br>Zoom Option                | <b>5:00-6:00 PM</b><br><b>Spin/Core</b><br>Deb<br>Spin Studio                   | <b>5:30-6:30 PM</b><br><b>BodyPump</b><br>Renee<br>Zoom Option                  |                                                                              |                                                                  |
| <b>5:45-6:45 PM</b><br><b>Yoga Flow</b><br>Spin<br>Room<br>Andrea             | <b>6:30-7:20 PM</b><br><b>Zumba</b><br>Rosanna<br>Zoom Option                   | <b>5:15-6:15 PM</b><br><b>Outdoor Bootcamp</b><br>Angie<br>YMCA Camp            | <b>6:30-7:20 PM</b><br><b>Zumba</b><br>Rosanna<br>Zoom<br>Option                |                                                                              |                                                                  |
|                                                                               | <b>8:00-9:00 PM</b><br><b>Sunset Yoga</b><br>YMCA<br>Camp<br>Andrea             | <b>6:15-7:15 PM</b><br><b>Beginners Yoga</b><br>Brianna YMCA Camp               |                                                                                 |                                                                              |                                                                  |

## 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 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!

**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. 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.

**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. Cowboy boots are optional!

**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.

**Cardio Barre** - A low impact exercise class that combines elements of ballet, yoga, and pilates. Barre classes often use light hand weights, bands, or small exercise balls to target specific muscles until fatigue, resulting in long, toned muscles.

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