



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP FITNESS SCHEDULE

\*\*All group fitness classes are included in your FFYMCAs membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM CLASSES</b>					
<b>5:30-6:30 AM</b> <b>BodyPump</b> Kristen Group Fitness Studio	<b>5:30-6:30 AM</b> <b>BodyBalance</b> Deb Group Fitness Studio	<b>5:30-6:15 AM</b> <b>Queenax Training</b> Deb Cross Training Room	<b>5:30-6:15 AM</b> <b>Spin Bootcamp</b> Kristen Spin Studio	<b>5:30-6:30 AM</b> <b>BodyPump</b> Sarah Group Fitness Studio	<b>7:00-8:00 AM</b> <b>BodyPump</b> Renee Group Fitness Studio
<b>8:10-9:10 AM</b> <b>BodyPump</b> Angie Group Fitness Studio	<b>7:00-7:55 AM</b> <b>Mix It Up</b> Missy Group Fitness Studio	<b>6:30-7:30 AM</b> <b>BodyBalance</b> Renee Group Fitness Studio	<b>5:30-6:00 AM</b> <b>Core and More</b> Deb Group Fitness Studio	<b>7:00-7:55 AM</b> <b>Mix It Up</b> Missy Group Fitness Studio	<b>8:15-9:00 AM</b> <b>Power Spin</b> Jenny Spin Studio
<b>9:15-10:00 AM</b> <b>Zumba</b> Rosanna Group Fitness Studio	<b>8:15-9:00 AM</b> <b>Power Spin</b> Jenny Spin Studio	<b>8:00-9:00 AM</b> <b>Yoga</b> Bre Spin Studio	<b>6:00-7:00 AM</b> <b>BodyBalance</b> Deb Group Fitness Studio	<b>8:10-9:10 AM</b> <b>BodyPump</b> Angie Group Fitness Studio	<b>9:15-10:15 AM</b> <b>BodyCombat</b> Angie Group Fitness Studio
<b>10:05-11:05 AM</b> <b>Forever Fit</b> Joyce Group Fitness Studio	<b>9:15-10:00 AM</b> <b>Queenax Training</b> Diana Cross Training Room	<b>8:10-9:10 AM</b> <b>BodyPump</b> Angie Group Fitness Studio	<b>7:00-7:55 AM</b> <b>Mix It Up</b> Missy Group Fitness Studio	<b>9:30-10:20 AM</b> <b>Silver Sneakers</b> Cheryl Group Fitness Studio	<b>9:15-10:15 AM</b> <b>Youth Power Hour</b> Caitlin (Ages 7-13) Turf Room
<b>11:15AM-12:15PM</b> <b>Silver Sneakers</b> Margret Group Fitness Studio	<b>9:30-10:30 AM</b> <b>Silver Sneakers</b> Margret Group Fitness Studio	<b>9:15-10:00 AM</b> <b>BodyCombat</b> Angie Group Fitness Studio	<b>8:15-9:00 AM</b> <b>Power Spin</b> Jenny Spin Studio	<b>10:45-11:45 AM</b> <b>Movement Improvement</b> Ruben Group Fitness Studio	
	<b>10:45-11:45 AM</b> <b>Movement Improvement</b> Ruben	<b>9:15-10:10 AM</b> <b>Chair Yoga</b> Bre Spin Studio	<b>9:15-10:00 AM</b> <b>Queenax Training</b> Diana Cross Training Room	<b>12:00-12:45 PM</b> <b>Virtual Spin</b> Spin Studio	
		<b>9:15-10:00 AM</b> <b>Queenax Training</b> Diana Cross Training Room	<b>9:30-10:30 AM</b> <b>Silver Sneakers</b> Margret Group Fitness Studio		
		<b>10:05-11:05 AM</b> <b>Forever Fit</b> Joyce Group Fitness Studio	<b>10:45-11:45 AM</b> <b>Movement Improvement (Boxing)</b> Ruben Group Fitness Studio		
		<b>11:15AM-12:15PM</b> <b>Movement Improvement</b> Ruben Group Fitness Studio			
<b>PM CLASSES</b>					
<b>4:30-5:30 PM</b> <b>BodyPump</b> Sara Group Fitness Studio	<b>4:30-5:25 PM</b> <b>Rhythm in Motion</b> Nancy Group Fitness Studio	<b>4:40-5:40 PM</b> <b>BodyPump</b> Nancy Group Fitness Studio	<b>4:30-5:25 PM</b> <b>Rhythm in Motion</b> Nancy Group Fitness Studio		
<b>5:40-6:40 PM</b> <b>BodyCombat</b> Nancy Group Fitness Studio	<b>5:30-6:30 PM</b> <b>BodyCombat</b> Angie Group Fitness Studio	<b>5:00-6:00 PM</b> <b>Spin/Core</b> Deb Spin Room	<b>5:30-6:30 PM</b> <b>BodyPump</b> Renee Group Fitness Studio		
<b>5:45-6:45 PM</b> <b>Yoga Flow</b> Andrea Spin Room	<b>6:35-7:25 PM</b> <b>Zumba</b> Rosanna Group Fitness Studio	<b>5:45-6:45 PM</b> <b>BodyBalance</b> Nancy Group Fitness Studio	<b>6:35-7:35 PM</b> <b>Zumba</b> 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.

**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 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.

**\*\* Ask to join our Fremont Family YMCA Facebook group AND download our APP using the QR links below.**

**Google Play Store**



**Apple App Store**

