



GROUP FITNESS SCHEDULE

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

***All Group Fitness Classes are included in your FFYMCA membership**

Jan 1 2022- March 31 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 AM BODYPUMP Kristen Zoom Option	5:30-6:15 AM Queenax Cross Training Room Deb	5:30-6:30 AM Cardio Kickboxing Ashley Zoom Option	5:15-6:00 AM BodyFlow Deb Zoom Option	5:30-6:30 AM BODYPUMP Sarah Zoom Option	8:15-9:00 AM Energy Ride Spin Studio Jenny
6:35-7:35 AM BodyFlow Deb Zoom Option	5:30-6:15AM Chisel and Sculpt Kristen Zoom option	5:45-6:20 AM Tread Connect Sara Wellness Treadmills	5:30-6:15 AM Spin & Les Mills Core/ CycleBarre Sara/Kristen Spin Studio	7:00-7:55 AM Mix it Up Michele Zoom Option	9:00-10:00 AM Rotating Instructor Instructor Choice
8:10-9:10 AM BODYPUMP Sarah Zoom Option	6:20-6:50 AM Les Mills Core Deb Zoom Option	8:10-9:10 AM BODYPUMP Angie Zoom Option	7:00-7:55 AM Mix it Up Melissa Zoom Option	8:10-9:10 AM BODYPUMP Angie Zoom Option	
9:15-10:00 AM Barre Sarah Zoom Option	7:00-7:55 AM Mix it Up Michele	9:15-10:00 AM Barre Sarah Zoom Option	8:00-9:00 AM Barre Raven Zoom Option	9:30-10:30 AM Movement Improvement Barb Zoom Option	
10:05-11:05 AM Forever Fit Joyce	8:00-9:00 AM Beginners Yoga Raven Zoom Option	10:05-11:05 AM Forever Fit Joyce	8:15-9:00 AM Power Spin Spin Studio Jenny		
	8:15-9:00 AM Power Spin Spin Studio Jenny	11:15 AM-12:15 PM Movement Improvement Barb Zoom Option	8:50-9:50 AM SilverSneakers Laura Zoom Option		
	8:50-9:50 AM Silver Sneakers Laura Zoom Option		9:15-10:00AM Queenax Diana Cross Training Room		
	9:00-9:45 AM Queenax Rebecca Cross Training Room		10:00-11:00 AM Tai Chi Shirley Zoom Option		
	10:00-11:00 AM Tai Chi Shirley Zoom Option				
PM CLASSES					
4:30-5:30 PM BODYPUMP Angie Zoom Option	4:45-5:30 PM Queenax Cross Training Room Morgan	4:30-5:30 PM 20/20/20 Intensity Fusion/Les Mills Core/BodyFlow Angie/Deb Zoom Option	4:45-5:45 PM Spin/Les Mills Core Spin Studio Deb		
5:40-6:10 PM Les Mills Core Angie Zoom Option	5:30-6:30 PM Cardio Kickboxing Ashley Zoom Option		5:30-6:30 PM BODYPUMP Renee Zoom Option		
6:15-7:15 PM Getting fitter/ Bodyflow Zoom option Renee			6:15-7:15PM Cardio Kickboxing Ashley Large Gym		

Class Descriptions



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!

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

Quick Spin n' Tone - 30 minutes of spinning with toning and core exercises towards the end of class. This class provides energizing music to make it a terrific and fast 45 minutes.

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. 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.

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 - 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.

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: 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.

Step n' Sculpt: This fun and energizing class will combine the use of music, steps, weights, stability balls, and more to tone and sculpt your body. We will start with the classic 30 minute cardio step segment designed to get your heart pumping, then we will use various weights and bodyweight exercises to tone our muscles. We will finish with a core segment and end with relaxing slow stretch. Lots of modifications will be offered so that all levels of fitness can join.

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.

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.

High Fitness: This class involves floor aerobics combined with lower and upper body toning. It gets your heart rate pumping and involves working your core in a standing position, modifications can be included so any level of fitness can join in.

Cardio Kickboxing: A fun, energetic way to get in a 50 minute cardio workout with a core and stretch ending. Cardio Kickboxing is a high intensity, mixed martial arts class that offers participants of all levels to reach their workout goals by showing modifications if needed. Every song incorporates moves such as; jabs, sidekicks, hooks, uppercuts and other moves influenced by taekwondo, jiu jitsu and mixed martial arts.

Tread Connect: Get out of your running rut and connect with the treadmill during this 30 minute class. Participants will be forced out of their comfort zone by increasing speed and incline during running intervals for a challenging, yet doable amount of time. This class is modifiable for all levels, including walkers.

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