



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

# GROUP FITNESS SCHEDULE

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

**April 1–July 31, 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 AM BODYPUMP Kristen Zoom Option	5:30-6:15 AM Chisel & Sculpt Kristen Zoom Option	5:30-6:30 AM BODYPUMP Mallory Zoom Option	5:15-6:00AM Queenax Deb Cross Training Room	5:30-6:30 AM BODYPUMP Sarah Zoom Option	7:20-8:20 AM BODYPUMP Sara Zoom Option	
6:40-7:40 AM BODYFLOW Deb Zoom Option	6:20-6:50 AM Les Mills Core Deb Zoom Option	5:30-6:15 AM Quick Spin n' Tone Sara Large Gym	5:30-6:00 AM Les Mills Core Sara Zoom Option	7:05-7:55 AM Mix it UP Michelle Zoom Option	8:15-9:00 AM Energy Ride Jenny Large Gym	
8:10-9:10 AM BODYPUMP Sarah Zoom Option	7:05-7:55 AM Mix It Up Michele	8:10-9:10 AM BODYPUMP Angie Zoom Option		8:10-9:10 AM BODYPUMP Angie Zoom Option	8:25-8:55 AM Les Mills Core Mallory Zoom Option	
9:15-10:00 AM Barre Sarah Zoom Option	8:15-9:00 AM Power Spin Jenny Large Gym	9:15-10:00AM Barre Sarah Zoom Option	7:05-7:55 AM Mix It Up Melissa Zoom Option	9:30AM-10:30 AM Movement Improvement Stacy Zoom Option	9:00-10:00 AM High Fitness Mallory Zoom Option	
10:05-11:05 AM Forever Fit Joyce	8:50-9:50 AM Silver Sneakers Laura Zoom Option	10:05-11:05 AM Forever Fit Joyce	8:00-9:00 AM Spin Strength and Yoga Jenny Large Gym		9:00-9:45 AM Queenax Rotating Instructor Cross Training Room	
	9:00-9:45 AM Queenax Rebecca Cross Training Room	11:15AM-12:15 PM Movement Improvement Stacy Zoom Option	8:50-9:50 AM Silver Sneakers Laura Zoom Option			
	10:00-11:00am Tai Chi Shirley Zoom Option		9:00-9:45 AM Queenax Diana Cross Training Room			
			10:00-11:00 AM Tai Chi Shirley Zoom Option			
			<b>PM CLASSES</b>			
4:30-5:30 PM BODYPUMP Angie Zoom Option	4:30-5:15 Queenax Morgan Cross Training Room	4:30-5:30 PM Intensity Fusion/Les Mills Core Angie Zoom Option	4:30-5:30 PM Spin/Les Mills Core Deb Large Gym			
5:40-6:10 PM Les Mills Core Angie Zoom Option	5:30-6:30 PM High Fitness Mallory Zoom Option	5:35-6:35 PM BODYFLOW Deb Zoom Option	5:30-6:30 PM BODYPUMP Renee Zoom Option			
6:15-7:15 PM Step n' Sculpt Deb Zoom option						



# GROUP FITNESS SCHEDULE

## FREMONT FAMILY YMCA

### 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 you 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 you 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.

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