



☀️ Summer is here, and we can't wait to see you in studio!  
 Please check the schedule for temporary changes to your favorite classes. Adjustments have been made based on instructor availability and facility needs to support community programs over summer.  
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 📅 Summer schedule runs 6/9-8/15.  
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 Thank you for your flexibility and continued support!

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

# SUMMER 2025 STUDIO A FITNESS SCHEDULE

## CARLISLE FAMILY YMCA

\*\*MEMBERS MUST BE AT LEAST 13 YEARS OLD TO PARTICIPATE IN GROUP EXERCISE CLASSES

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|--|---|---|---|--|---|---|
|  | 5:15am-6am<br>BODYPUMP™<br>(Kari)                                     |   | 5:15am-6am<br>BODYPUMP™<br>(Carmen)             |  |   |   |
| 5:45am-6am<br>BOLT Stretch<br>(Linda)                  |   |   |   |  |   |   |
| 8am-8:45am<br>Zumba Gold@<br>(Carol)                   | 8am-8:50am<br>BODYPUMP™<br>(Alexa)<br>**Class time runs through 8/15  | 8am-8:45am<br>Zumba Gold@<br>(Carol)                |   |  | 8:30am-9:15am<br>BODYCOMBAT™<br>(Eden W.)                                       | 10:30am-11am<br>Grit™ Strength<br>(Mandy)     |
| 9am-10am<br>Senior Wellness<br>(Jeannette)             | 9am-9:45am<br>Zumba@<br>(Jeannette)                                   | 9am-9:45am<br>Senior Wellness<br>(Jeannette)        | 9am-9:50am<br>BODYPUMP™<br>(Alexa)              | 9am-9:30am<br>Grit™Strength<br>(Alexa/Kelly)             | 9:30am-10:30am<br>BODYPUMP™<br>(Anne-Marie)                                     | 11:05am-11:35am<br>LES MILLS CORE™<br>(Mandy) |
|  |   |   |   | 9:35am-10:05am<br>LES MILLS CORE™<br>(Alexa/Mandy/Kelly) | 10:45am-11:30/45am<br>Zumba@ or Dance*Fit<br>(Katie B./Jeannette)               | 12pm-12:45pm<br>Zumba@<br>(Emma)              |
| 10:15am-11:05am<br>BODYCOMBAT™<br>(Ornella)            | 10am-11am<br>Easy Yoga<br>(Jim)<br>**Class location runs through 8/15 | 10am-11am<br>R.I.P.P.E.D<br>(Jeannette)             | 10am-10:45am<br>BODYCOMBAT™<br>(Alexa)          | 10:15am-11am<br>Zumba@<br>(Claudine)                     | Youth Dance<br>12pm-12:45pm<br>(Morgan)<br>**offered 8/16                       |   |
| 11:10am-11:40am<br>LES MILLS CORE™<br>(Alexa)          |   |   |   |  | SMART START BODYPUMP<br>12pm-12:30pm<br>(Anne- Marie/Melissa)<br>**Offered 8/23 |   |
|  |   |   | 12pm-12:45pm<br>LaBlast<br>(Melissa J.+ Morgan) |  |   |   |
|  | 5pm-5:30pm<br>BODYCOMBAT™<br>(Ashley)                                 | 5:20pm-6:05pm<br>Zumba Toning@<br>(Megan)           | 5:15pm-5:45pm<br>BODYATTACK™<br>(Lexi)          |  |   |   |
| 5:35pm-6:20pm<br>Zumba@<br>(Claudine)                  | 5:45pm-6:45pm<br>BODYPUMP™<br>(Melissa)                               |   | 5:55pm-6:40pm<br>BODYPUMP™<br>(Kelly)           |  |   |   |
| 6:30pm-7:15pm<br>Burn+Build Cardio Circuits<br>(Mandy) |   | 6:15pm-7pm<br>Burn+Build Cardio Circuits<br>(Mandy) | 6:45pm-7:15pm<br>LES MILLS CORE™<br>(Kelly)     |  |   |   |
| 7:15pm-7:45pm<br>LES MILLS CORE™<br>(Mandy)            |   | 7pm-7:45pm<br>R.I.P.P.E.D.<br>(Tim P)               |   |  |   |   |

**August Special Events**  
**Saturday 8/2 -Les Mills Launch**  
 8am SPRINT  
 8:45am GRIT STRENGTH  
 9:30am BODYPUMP (45)  
 10:30am CORE  
 11:15am Dance\*Fit  
**Saturday 8/9 – Les Mills Launch Cardio sizzlers**  
 8:30am BODYCOMBAT  
 9:30am BODYPUMP (45)  
 10:30am BODYATTACK (15 minutes)  
 10:45am GRIT CARDIO (20 minutes)  
 11:15am Zumba

^^BODYPUMP™, BODYCOMBAT™, BODYATTACK™, GRIT™, SPRINT™, and CORE™ are all LES MILLS™ Classes

\*\*If you are new to group fitness and/or have any questions about our programs, please contact our Group Fitness Coordinator at anikoloff@carlislefamilyymca.org

### CARLISLE FAMILY YMCA

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## Carlisle Family YMCA Class Descriptions

### WELLNESS CLASSES

**Burn+Build Circuit Training** – Welcome to your strength and cardio training set up in circuits and designed to hit all 3 sections of your body, upper, lower, & core in just 30 minutes! Each class includes 5 workout blocks that toggle between all 3 sections. Each block has 4 45 second strength-based blasts followed with a 15 second rest and a cardio finisher. This class is built on a 4-week rotation so participants can experience different exercises each week and keep a full body focus. All exercises can be completed with or without weights and modifications are provided making this class perfect for the beginner to the experienced exercise enthusiast.

**Bike BOOTCAMP** – Bike BOOTCAMP classes occur between Studio A and Studio B and alternate between Cardio Intervals on the bike and Strength Training on the floor. The Strength Training complements the cardio and the two work together to create a total-body workout!

**Core+MORE** - Core+MORE is designed to functionally build and strengthen muscle groups around the abdominals, back, glutes, and body overall using bodyweight and equipment. This class is accessible to all fitness levels and incorporates Pilates-based mat exercises, traditional core movements, targeted glute work, and low-impact exercises.

**ZUMBA®** – Zumba is a fun exciting way to dance your way to a fitter you! Using a fusion of Latin and other exotic music rhythms and dance themes, Zumba creates a party-like atmosphere that is also a dynamic, effective and most of all FUN fitness system. Easy to follow.

**Zumba® GOLD** - Follows the Zumba® formula with modified moves and pace to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Join in the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. It's a dance-fitness class that feels friendly, and most of all, fun.

**Zumba Toning®** - This class is a great way to enjoy the fun of Zumba® while focusing on sculpting and toning your muscles. It works by adding light weights (or Zumba® Toning Sticks) to help you focus on specific muscle groups.

**LaBlast Fitness** - ballroom dance partner free. This is an interval-based workout that offers modifications, weight training, and a playlist that covers all genres. LaBlast introduces students to the true skill and essences of over 12 different dances around the world including swing, tango, and quickstep.

**Dance\*Fit** - Perfect for everybody and everyBODY! Each DANCE\*FIT class is designed to bring people together to sweat it on in a CLUB like atmosphere using only TOP 40 music from the 90's on. DANCE\*FIT is an empowering, motivating, inspiring and easy to follow dance fitness class for all shapes, sizes and fitness levels! DANCE\*FIT is a form of self-expression through the artful flare of sexy, exotic, and inspiring dance steps that empower the mind, body and soul! Join us for a most exhilarating hour of energy and leave with a renewed sense of self-confidence! Give it a try, I promise you will be hooked!

**Mixed Intervals** - Join this 45-minute mixed bag of training. Each week will highlight a variety of training concepts not limited to cardio, HIIT, strength, balance and stability. Alexa will help with proper form and push you through sets of timed intervals.

**R.I.P.P.E.D** - combines **Resistance, Interval, Power, Plyometrics, Endurance**, core and a very important **Diet** program. Designed to help everybody meet their ultimate fitness goals in a super fun group exercise environment.

**Senior Wellness** - Sr Wellness is a program that focuses on light resistance training, body weight toning, balance, core, and light meditation. Challenges are created on a regular basis to allow active adults to maintain or improve muscular function, stability, coordination, and strategies to improve overall health. All levels are welcome. Individual modifications are available as needed.

**Cardio Step Intervals** - Step aerobics are back.... Cardio, strength, and core work is included in one 45-minute blast. Come check out this heart pumping interval workout, using an aerobic step, that is sure to make you sweat.

**Plyometric Step Intervals** - maximize performance and fitness levels with a combination of plyometrics and HIIT training on the bench to improve cardio, strength, power and anaerobic capacity! All levels are welcomed to build and improve on their individual fitness levels in this fast paced 30-minute class.

**CIZE LIVE:** Forget squats, lunges, and boring cardio. CIZE is the dance exercise program you'll look forward to doing every day. Jeannette breaks down every move, step-by-step, so anyone can do it. CIZE is such a blast, you may even forget you're getting an awesome workout!

### LES MILLS™ CLASSES

**BODYPUMP™** - The original weights class that builds strength, tones your body, pushes you to the limit and provides the education to perform weightlifting exercises correctly. This workout targets all your major muscle groups, shapes and tones those muscle groups, and will help to improve general fitness and well-being. Burn up to 560 calories per class.

**BODYCOMBAT™** - The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay that can average calorie burn of 737 per hour.

**BODYATTACK™** - is a sports-inspired cardio workout program for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**CORE™** - Formerly called CXWORX™, this 30-minute 360-degree core-focused training class utilizes integrated and isolated movements for scientifically proven results. It is great for anyone who wants to functionally strengthen the muscles of the core and is appropriate for all levels of fitness.

**GRIT™ Cardio** is a **30-minute high-intensity interval training (HIIT) workout** that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

**GRIT™ Athletic** is a 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an **athlete**. You will use a combination of bodyweight, weights, and bench for ultimate multi-dimensional sports conditioning.

**GRIT™ Strength** is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**SMART START** – Have you ever wondered what our Les Mills™ classes are about but weren't sure how to start or what to do?! Attend one of the SMART START 15-minute sessions on the schedule to get some of the basics you will need to master a class. Also, in any of our Les Mills™ classes (with the exception of GRIT™ or Sprint™), feel free to come and take the Smart Start option of staying for the first 4 songs and working your way up to a full class week over week. You'll be able to master these awesome classes in no time. This class is typically run during the busier months of the year as a "pop up" class.

