

GROUP EXERCISE SCHEDULE

June 2023



Check your Y app for any changes/cancellations

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	TRX Circuit w/ Kathy 5:15 - 6:00	Cycle w/ Julie 5:15 - 6:00	Body Strength w/ Julie 5:15 - 6:00	Cycle w/ Julie 5:15 - 6:00	Fit Focus w/ Kathy 5:15 - 6:00		
6am		Early Burn w/ Isabelle 6:00 - 6:45					
8am	H2O Fit w/ Kristi 8:30 - 9:15	Aqua Zumba w/ Christine 8:30 - 9:15	H2O Fit w/ Christine 8:30 - 9:15	Strength/Stretch w/ Christine 8:30 - 9:15	H2O Fit w/ Cindy 8:30 - 9:15		
9am	Hustle & Muscle w/ Brytnie 9:00 - 9:45	Power Up w/ Brytnie 9:00 - 9:45	Pilates w/ Carin 9:15 - 9:45	Power Up w/ Brytnie 9:00 - 9:45	Fit Step w/ Brytnie 9:00 - 9:45	Cycle Instructor Rotation 9:00 - 9:45	
10am	Stability/Mobility w/ Brigette 9:30 - 10:30	MFBB/Tai Chi SESSION 9:30 - 10:30	Nordic Walking w/ Brigette 9:30 - 10:30	MFBB/Tai Chi SESSION 9:30 - 10:30	Alumni MFBB w/ Brigette 9:30 - 10:30		
	Pilates w/ Kristi 10:00 - 10:30	Gentle Yoga w/ Christine 10:00 - 10:45	Cycle Yoga w/ Carin 10:00 - 10:45	Gentle Yoga w/ Christine 10:00 - 10:45	Barre w/ Carin 10:00 - 10:45	Battlerope Bootcamp w/ Debra 10:00 - 10:30	
			Barre Basics w/ Christine 10:00 - 10:45			Kettlebell Interval Training w/ Debra 10:45 - 11:15	
11am	Enhance Fitness SESSION* 11:30 - 12:30		Enhance Fitness SESSION* 11:30 - 12:30	Chair Yoga w/ Brigette 11:00 - 12:00	Enhance Fitness SESSION* 11:30 - 12:30		
12pm		Fast Track Fitness w/ Katy Bi 12:00 - 12:30		Fast Track Fitness w/ Katy Bi 12:00 - 12:30			
4pm	Body Sculpt w/ Katie Be 4:15 - 5:00	TRX Circuit w/ Marie 4:30 - 5:15	Active Abs w/ Katie Be 4:30 - 5:00	CycleBox w/ Marie 4:30 - 5:15			
5pm	Barre w/ Katie Be 5:15 - 6:00	Hatha Yoga w/ Neal 5:15 - 6:00	Kettlebell Interval Training w/ Debra 5:30 - 6:00		Core Conditioning w/ Debra 5:00 - 5:30		
	Kickbox w/ Marie 5:30 - 6:00	Bike Bootcamp w/ Debra 5:30 - 6:15	Kickbox w/ Marie 5:30 - 6:00	Cycle Interval & Core w/ Debra 5:30 - 6:15			
6pm		Aqua Zumba w/ Christine 6:30 - 7:15		H2O Fit w/ Christine 6:30 - 7:15			

location legend

STUDIO A STUDIO B STUDIO C UPPER GYM WARM WATER THERAPY POOL LAP POOL GYMNASTICS

CLASS DESCRIPTIONS

ACTIVE ABS – Express class focusing on the core muscles of the body. It strengthens the abs and their opposing muscles as well as stabilizing them. Come to class warmed up.

AQUA ZUMBA® – Known as the Zumba® “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. This class takes place in our heated indoor pools. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba shallow water class.

BARRE – Combines elements of barre, dance and yoga. Exercises are high intensity and low impact, choreographed to fun and motivating music. With emphasis on toning the lower half of the body and strengthening the core.

BARRE BASICS – Learn the basics of Barre with this supported, low impact-toning class. We will combine dance inspired moves with Pilates, yoga and strength training.

BATTEROPE BOOTCAMP – A fast paced class that utilizes battle ropes combined with other exercises to push your cardio and physical limits.

BIKE BOOTCAMP – Combines cycling and strength training in one class. This workout is balanced and energizing for the whole body. It's the basis for a challenging, invigorating and well-rounded exercise regimen. Everything you love about strength and cardio by blending cycling and strength training into one exceptional workout. With each workout planned to make multiple transitions between bike and floor while using body weight and dumbbells.

BODY SCULPT – Muscle conditioning class that provides a balanced total body workout.

BODY STRENGTH – A full body workout that utilizes weights to help strengthen the body as a whole. You can expect to work all of your muscles in this early morning class to charge up for the day.

CHAIR YOGA – Accessible Yoga, using a chair to support and stabilize our practice. Best for those who have difficulty getting up/down from the floor.

CORE CONDITIONING – A class designed around keeping the body moving, but with the focus being around your core.

CYCLE/EXPRESS CYCLE – Indoor cycling workout incorporating visual imagery, verbal cues and energy zones. All fitness levels welcome as cyclists work at their own level.

CYCLE BOX – Our indoor cycling training combined with our classic kickboxing workout. Using bikes, bags, and gloves you will get a great balance of strength and cardio endurance all in one class.

CYCLE INTERVAL & CORE – Combines intense cycling with a good variety of core exercise to keep your whole body working.

CYCLE YOGA – Combines a short burst of cycle with a move to the mat to focus on building strength and stability with yoga.

EARLY BURN – Get a full body workout while using a variety of equipment to keep things interesting. Get your heart rate up with cardio and weights.

ENHANCE FITNESS – Is a low impact/modified intensity fitness class. The class focuses on strength, flexibility and cardio endurance, set at a comfortable pace. Building social relationships and group support are key aspects of the program. This is a 16-week, evidence based program; developed for individuals suffering from arthritis.

FAST TRACK FITNESS – The goal of this class is to pack in as much as possible in 30 minutes. You will do functional fitness (strength and stability) training combined with cardio. We try to hit as many muscle groups as possible and keep our hearts rates up.

FIT FOCUS – Join us for an energizing class that combines cardio and strength moves to help you focus on your fit goals. A different format weekly that can be modified for the beginner and the advanced.

FITSTEP – Energizing cardio workout stepping up and down on an adjustable bench to upbeat music.

GENTLE YOGA – Joining body, mind, and spirit to achieve a full-body experience. While taking a moderate approach to the traditional yoga class.

H2O FIT – This water fitness program provides a no-to low-impact but challenging cardiovascular workout. Participants may choose shallow or deep water. Noodles and styrofoam barbells are used to perform a variety of motions including water walking and running, abdominal work and toning exercises.

HATHA YOGA – Movement that develops balance, strength, flexibility, bodily relaxation, and mental concentration. Hatha classes are designed for mixed-level participants and provide a balanced combination of sustained poses with attention to basic alignment, range of motion and therapeutic principles. Breathing techniques and meditation are also integrated.

HUSTLE & MUSCLE – A fun total body workout that incorporates strength conditioning, cardio, interval training, and much more to achieve overall physical fitness. A wide variety of equipment may be used: kettlebells, steps, weights, etc.

KETTLEBELL INTERVAL TRAINING – This kettlebell class utilizes various size kettlebells for an all-in-one total body conditioning; strength, cardio endurance, flexibility and balance. This class is designed for all fitness levels and can be modified to meet the needs of the participants. The month of March will be focused on maintaining proper kettlebell form and will be an introductory class.

KICKBOX – Utilizes boxing gloves and boxing bags. Gives a great cardiovascular and muscle conditioning workout. We cannot provide wraps or gloves, please bring your own.

MFBB/TAI CHI – Moving For Better Balance is a 12-week, evidence based program designed to keep you mobile and independent. Improve your balance and strengthen your muscles and reduce the risk of falling. Each session consist of a warm-up exercises, a mix of core form and brief cool-down exercises.

NORDIC WALKING GROUP – Support and improve healthy posture, lesson impact on joints and engage the upper body to burn 20-40% more calories.

PILATES – Putting together a blend of mat work specific to the Pilates method. This will help create better posture, a heightened sense of precision and control on the mat.

POWER UP – Muscle conditioning class that provides a balanced total body workout.

STABILITY/MOBILITY – Improve stability & mobility; with stretching, strengthen, aligned movements and the support of a 5" stability stick.

STRENGTH/STRETCH – This class is designed for active adults ages 55 and older. You will use weights to tone and strengthen your entire body as well as perform sections of cardio exercise and stretching. Class offers options for sitting.

TRX – Fire up your core, hit every major muscle group and get ready to sweat with this total-body TRX Suspension Training workout.

VIN YIN YOGA – A combination of slow and flow yoga. You will experience moments of steady movements followed by less intense stretching periods

ZUMBA® – A fun, Latin dance inspired workout with easy to follow steps that let you naturally move to the beat. Zumba brings together Salsa, Merengue, Samba, Reggaeton, African Beats, Cumbia and Funk.