

# GROUP EXERCISE SCHEDULE

Huntington Avenue YMCA | Summer 2025



	MON	TUES	WED	THU	FRI	SAT	SUN
7:15 AM		Cardio Dance Elisa T.		Format 45 Diane W.			
8:30 AM	Vinyasa Flow Yoga Elena C.	Gentle Flow Scott T.	Vinyasa Flow Yoga Elena C.	Gentle Flow Adam K.	Vinyasa Flow Yoga Elena C.	Total Body Conditioning Devi M.	Total Body Conditioning Devi M.
9:00 AM	Tai Chi James A.		Aqua Boot Camp Kate D.	Aqua Boot Camp Kate D.	Tai Chi James A.		
			Tai Chi James A.				
9:30 AM						Format 45 Diane W.	Zumba Maria C.
10:00 AM	Fit for Life Pattie G.	Strength & Sculpt Diane W.	Fit for Life Pattie G.	Strength & Sculpt Ivy J.	Fit for Life Pattie G.	Energizing Vinyasa Flow Monica S.	Vinyasa Flow Yoga Ivy J.
11:00 AM						Zumba Param R.	
11:30 AM	Pilates & Core Pattie G.	Barre Fusion Ingrid G.	Pilates Pattie G.	Core Fusion Ivy J.			
12:30 PM		HIIT Ingrid G.		HIIT Ivy J.			
1:30 PM		Zumba Ingrid G.					
4:00 PM						Les Mills GRIT Strength Devi M.	Les Mills GRIT Cardio Devi M.
5:00 PM	HIIT Ingrid G.		HIIT Ivy J.	Les Mills BODYPUMP Leoni H.			
5:30 PM					Les Mills BODYPUMP Sele K.		
6:00 PM	POUND Agnes Z.	Vinyasa Flow Yoga Julie B.	Vinyasa Flow Yoga Ivy J.	Vinyasa Flow Yoga Julie B.			
	Ashtanga Yoga (5:45 PM Start Time) Julie B.	Cycle Sele K.	Cycle Sele K.	Cycle Leoni H.			
	Cycle Leoni H.	Zumba Agnes Z.	POUND Agnes Z.	Zumba Param R.			
6:30 PM							
7:00 PM	Zumba Leo L.		Les Mills BODYPUMP Sele K.				

- Lower Studio
- Studio 1
- Studio 2
- Outdoor
- Pool

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# CLASS DESCRIPTIONS:

## **Aqua Boot Camp**

This low-impact pool workout combines water resistance with cardio intervals to improve endurance, strength, and mobility. Use equipment like weights, noodles, and barbells to challenge your full body while staying joint-friendly.

## **Aqua Dance**

Enjoy a shallow-water workout that fuses aqua fitness with energetic dance choreography. This full-body cardio class improves aerobic endurance and total-body toning—while keeping it fun in the water.

## **Ashtanga Yoga**

This structured and physically demanding yoga practice follows a set sequence of poses designed to build internal heat, strength, and balance. Expect a strong, flowing class with breath-synchronized movement. Prior yoga experience is recommended.

## **Barre Fusion**

A fusion of barre, Pilates, and yoga-inspired movements using light weights, resistance bands, and bodyweight. This class targets the core, improves flexibility, and helps develop long, lean muscles.

## **Cardio Boxing**

A fast-paced, high-energy class that combines traditional boxing drills like shadowboxing, bag work, and footwork with athletic cardio sequences. Improve coordination, strength, and endurance while working up a sweat.

## **Cardio Dance**

A fun and exhilarating cardio workout set to upbeat music—including pop, hip hop, and club hits. Dance choreography is paired with conditioning movements to tone your body and keep your heart rate elevated.

## **Core Fusion**

Strengthen your core muscles with a combination of Pilates, yoga, and barre exercises. Improve posture, stability, and flexibility with targeted movements that support functional strength.

## **Cycle**

This indoor cycling class simulates an all-terrain ride with intervals, sprints, hills, and jumps. Burn calories and build cardiovascular endurance to the beat of energizing music and motivating instruction.

## **Energizing Flow Yoga**

A progressive Vinyasa-based class that blends strength, flexibility, and breathwork. Start with deep stretches and static poses before moving into vigorous, flowing sequences designed to elevate your energy and focus.

## **Fit for Life**

A low-impact, functional fitness class designed for active older adults or anyone looking for a joint-friendly workout. Strength, balance, and flexibility are emphasized using light weights, chairs, and bodyweight exercises.

## **Format 45**

This 45-minute circuit-style class blends strength, cardio, agility, and endurance for a full-body workout. Rotate through four focused training zones using weights, resistance bands, steps, and bodyweight. Includes a dynamic warm-up and cooldown. All levels welcome.

## **Gentle Flow Yoga**

An accessible, beginner-friendly class that moves slowly through foundational yoga poses. Emphasis is placed on breath, alignment, and relaxation. Ideal for those seeking a calming and restorative experience.

## **HIIT**

High-Intensity Interval Training alternates short bursts of intense effort with recovery periods. This full-body workout includes strength, cardio, agility, and plyometric movements to challenge all fitness levels and maximize results.

## **Les Mills BODYPUMP**

A barbell-based strength class set to motivating music, targeting all major muscle groups with high-rep, low-weight resistance training. Improve muscular endurance and tone with scientifically designed programming.

## **Les Mills GRIT Cardio**

This 30-minute high-intensity interval training (HIIT) class focuses on cardiovascular performance using explosive bodyweight movements. Burn fat, increase endurance, and finish with a 15-minute stretch to promote recovery.

## **Les Mills GRIT Strength**

This 30-minute HIIT workout builds strength and lean muscle through heavy lifting and explosive movement. Target fast-twitch muscle fibers and finish with a full-body stretch for mobility and injury prevention.

## **Pilates**

Stretch and strengthen your body with various Pilates movements adapted to be performed on a mat. With an emphasis on core strengthening, this class will improve your mobility, flexibility and overall strength.

## **Pilates & Core**

A mat-based class focused on strengthening the core muscles, including the abdominals, hips, glutes, and lower back. Improve flexibility, alignment, and posture through intentional movement and breathwork.

## **POUND**

Channel your inner rockstar in this music-driven full-body workout using Ripstix®—lightly weighted drumsticks. Combine cardio, strength training, and Pilates-inspired movements in this energizing and rhythmic class.

## **Strength & Sculpt**

Build muscular strength and definition in this total-body workout using free weights, resistance bands, and bodyweight exercises. Focus on proper form and functional strength development.

## **Tai Chi**

This meditative martial art features slow, intentional movements that promote balance, flexibility, and mental clarity. Often described as “meditation in motion,” Tai Chi emphasizes breath control and body awareness.

## **Vinyasa Flow Yoga**

A dynamic yoga class that links breath with movement. Flow through standing, balancing, and seated postures designed to build strength, improve flexibility, and promote mindfulness.

## **Zumba**

Dance your way to fitness with easy-to-follow choreography set to Latin and international rhythms. This fun, high-energy cardio workout gets your heart rate up while making you smile and sweat.