



# FOR HEALTHY LIVING.

## GROUP FITNESS SCHEDULE

\*SCHEDULE SUBJECT TO CHANGE

Effective 10/2/2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00		<b>Indoor Cycling</b> 7:00 – 7:45 Maria Weights optional		<b>Indoor Cycling</b> 7:00 – 7:45 Maria Weights optional			
8:00	<b>Yoga 1</b> 8:00- 9:00 Cheryl SUB 10/9- CRYSTAL w/ CIRCUIT No Class 10/23	<b>Pilates Sculpt</b> 8:00 – 8:45 Deirdre	<b>Cardio Jam</b> 8:00- 9:00 Deirdre Starting 10/4	<b>Pilates Sculpt</b> 8:00 – 8:45 Deirdre	<b>Beginner Yoga &amp; Stretch</b> 8:00- 9:00 Deirdre Starting 10/6	<b>Morning Mix</b> 8:05-8:50 Lenore SUB- 10/7- Maria	
9:00	<b>Indoor Cycling</b> 9:00 – 10:00 Maria Weights optional  <b>Strength Train Together</b> 9:00 – 10:00 Larissa	<b>R.I.P.P.E.D</b> 9:00 – 10:00 Larissa	<b>Total Body</b> 9:00 – 10:00 Maria	<b>R.I.P.P.E.D</b> 9:00 – 10:00 Larissa	<b>Defend Together</b> 9:15-10:15 Jessica	<b>Indoor Cycling</b> 9:00 – 10:00 Maria Weights optional NEW <b>Cardio Jam</b> 9:00- 10:00 Deirdre Starting 10/7	
10:00	<b>Core &amp; Strength</b> 10:15-10:45 Maria		<b>Core &amp; Strength</b> 10:15-10:45 Maria	<b>Yoga Fusion</b> 10:15-11:00 Jessica	<b>Beginner/AOA Cycling</b> 10:00-11:00 Bill	<b>Yoga I</b> 10:15-11:30 Jane	
11:00		<b>S.S. Yoga</b> 11:15-12:00 Cheryl SUB- 10/10- Patricia		<b>S.S. Yoga</b> 11:15-12:00 Cheryl SUB- 10/5- Jessica w/ chair yoga No Class 10/19			
12:00	<b>Silver Sneakers Boom Move &amp; Muscle</b> 12:00-1:00 Kathy	<b>Intermediate Tai Chi</b> 12:15-1 Kathy	<b>Silver Sneakers Boom Move &amp; Muscle</b> 12:00-1:00 Kathy				
1:00	<b>A.O.A. Range of Motion &amp; Balance</b> 1:15-2:00 Kathy		<b>A.O.A. Range of Motion &amp; Balance</b> 1:15-2:00 Kathy				
5:00		<b>Indoor Cycling</b> 5:00 – 5:45 Tara	<b>NEW Body Sculpt</b> 5:00 – 5:45 Doreen Starting 10/11	<b>Immersive Sound Meditation</b> 6:30-7:15 Susan Monthly Class only 10/12-11/2-12/7			
6:00	<b>Indoor Cycling</b> 6:00-7:00 Bill	<b>Total Body</b> 6:00 – 7:00 Maria	<b>Indoor Cycling</b> 6:00-7:00 Bill	<b>Indoor Cycling</b> 6:00 – 7:00 Maria Weights optional			

**REGISTRATION  
REQUIRED**  
ONLINE OR AT WELCOME DESK



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### GROUP FITNESS SCHEDULE

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Join a Y Group Fitness Class today! Taking a group class means making new friends and having fun – while gaining strength, endurance, and energy. Our skilled and certified instructors provide a welcoming, supportive environment suitable for all abilities. Ages 14+ are welcome in all group exercise classes; ages 12-13 please see Sr. Programs Director.

#### B – BEGINNER I – INTERMEDIATE A – ADVANCED

- **Active Older Adult RANGE OF MOTION & BALANCE B,I** Movements designed to increase joint mobility and avoid injury, and exercises to improve balance, coordination, and stability of Active Older Adults.
- **Active Older Adult RANGE OF MOTION & STRENGTH B,I** Movements designed to increase joint mobility and avoid injury, and exercises to improve balance, coordination, stability, and strength of Active Older Adults. Light hand-weights used.
- **Active Older Adult YOGA B,I,A** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
- **BEGINNER CYCLING B** A cycling class inspired by beginners and active older adults. Join Bill in a friendly learning environment to kick off your fitness journey. Class segmented into two 20 minute sessions with 5 minute break. Perfect for a beginner. Come for the first 20 minutes, or stay for all! Bring a seat if you prefer
- **CORE & STRENGTH B,I** – A short- 30 minute work out designed to focus on strengthening your core muscles
- **DEFEND TOGETHER B,I,A** An exciting cardio workout fueled by MMA moves from inside and outside the octagon. It borrows training styles from MMA, kickboxing, Muay Thai, karate, functional athletic training and more. DEFEND TOGETHER is for ANYONE wanting a unique, challenging, and athletic workout. New exercisers can adjust the intensity to suit their abilities. The workout also helps improve timing, precision and focus.
- **INDOOR CYCLING B,I,A** Pedal through hill climbs, sprints, and many other challenging drills. Pedals are SPD compatible. Weights added for optional added arm workout and intensity.
- **MORNING MIX B,I,A** A full body workout that will focus on cardio, strength, balance and core. Each week offers a different workout with various equipment to give you a great workout without getting bored! Suitable for all fitness levels.
- **PILATES SCULPT B,I,A** A body conditioning method that strengthens and tones the whole body with an emphasis on the abdominals and back muscles (core). PILATES SCULPT exercises can increase core stabilization, strength, flexibility, and balance using controlled breathing and mindful movement, while listening to your favorite upbeat tunes!
- **R.I.P.P.E.D® I,A** Total Body “plateau proof fitness formula” workout utilizing Resistance, Intervals, Power, Plyometric, Endurance and Diet. (*Y instructors do not prescribe or recommend nutrition programs.*)
- **SilverSneakers BOOM MOVE B,I,A** A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.
- **STRENGTH TRAIN TOGETHER B,I,A** Blast all your muscles with a high-rep weight training workout. You will use an adjustable barbell, weight plates, and body weight to perform functional integrated exercises.
- **TOTAL BODY B,I,A** Low-impact aerobics combined with body toning. TOTAL BODY also includes weight training.
- **YOGA I B,I,A** Gentle, progressing class which focuses on basic Yoga postures and their modifications, breathing and body awareness. Designed to increase strength, range of motion, and flexibility.
- **YOGA FUSION B,I,A** A blend of yoga-inspired flows, short cardio bursts, balance sequences, and body-weight strength training exercises all set to fun music. It offers modifications for all levels. YOGA FUSION improves strength, balance, and flexibility and can help improve overall fitness levels.