



# HEALTHY LIVING STARTS HERE

## ROLLINGWOOD YMCA

### GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**October 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MASTER'S SWIMMING</b> 6:00am-7:00am Steve Outdoor Pool		<b>MASTER'S SWIMMING</b> 6:00am-7:00am Steve Outdoor Pool		<b>MASTER'S SWIMMING</b> 6:00am-7:00am Steve Outdoor Pool		
<b>HIT</b> 7:00am-8:00am Nick Functional Fitness Studio	<b>Kettlebell</b> 8:00am-9:00am Nick TruZones	<b>HIT</b> 7:00am-8:00am Nick Functional Fitness Studio	<b>Kettlebell</b> 8:00am-9:00am Nick TruZones	<b>HIT</b> 7:00am-8:00am Nick Functional Fitness Studio	<b>Yoga - All levels</b> 7:45am-8:45am Kate Group Ex	<b>Strength &amp; Tone</b> 8:30am-9:30am Affi Group Ex
<b>Yoga - Flow</b> 7:45am-8:45am Kate Group Ex	<b>Pilates Mat</b> 9:00am-10:00am Affi Group Ex	<b>Yoga - Vinyasa</b> 7:45am-8:45am Kate Group Ex	<b>Pilates Mat</b> 9:00am-10:00am Affi Group Ex	<b>Yoga - Flow</b> 7:45am-8:45am Kate Group Ex	<b>Cycle - Sculpt</b> 8:45am-9:45am Philipp Cycle	<b>Yoga - Vinyasa</b> 9:30am-10:30am Affi Group Ex
<b>Body Blast</b> 9:00am-10:00am Affi Group Ex	<b>Splash &amp; Tone</b> 9:30pm-10:30pm Karalynn Indoor pool	<b>Stretch, Core &amp; More</b> 9:00am-10:00am Sandra Group Ex	<b>Aqua Blast</b> 10:30am-11:30am Karalynn Indoor Pool	<b>Body Blast</b> 9:00am-10:00am Affi Group Ex	<b>Aqua Blast</b> 10:30am-11:30am Debbie Indoor Pool	<b>Glide Circuit</b> 9:30am-10:30am Christina Indoor pool
<b>TRX</b> 9:30am-10:30am Fernanda TrueZones		<b>TRX</b> 9:30am-10:30am Heather TrueZones		<b>Body Circuit</b> 10:15am-11:15am Toni TruZones		<b>Glide Circuit</b> 10:45am-11:45am Christina <b>NEW!!</b> Indoor pool
<b>Yoga - Gentle</b> 10:15am-11:15am Kate Group Ex		<b>Total Barre</b> 10:15am-11:15am Affi Group Ex		<b>Total Barre</b> 10:15am-11:15am Affi Group Ex		
<b>Swim FUNDamentals</b> 10:30am-11:30pm Steve Outdoor Pool		<b>Women's Total Workout(\$)</b> 10:30am-11:30am Heather Functional Fitness Studio		<b>Splash &amp; Tone</b> 10:30am-11:30am Joilynn Indoor pool		
<b>Perfect Balance</b> 11:30am-12:20pm Toni Group Ex	<b>Beginning Balance</b> 11:30pm-12:20pm Toni Group Ex	<b>Swim FUNDamentals</b> 10:30am-11:30pm Steve Outdoor Pool		<b>Yoga - Chair</b> 11:30am-12:30pm Jeannette Group Ex		
		<b>Perfect Balance</b> 11:30am-12:20pm Toni Group Ex				
		<b>HIT</b> 4:30am-5:30am Bret Functional Fitness Studio	<b>HIT</b> 4:30pm-5:30pm Christina TruZones	<b>HIT</b> 4:00pm-5:00pm Christina TruZones		
<b>HIT</b> 4:30pm-5:30pm Bret TruZones	<b>Yoga - Vin Yin</b> 6:30pm-7:30pm Kate Group Ex	<b>Body Blast</b> 5:00pm-6:00pm Affi Group Ex	<b>Yoga - Vin Yin</b> 6:30pm-7:30pm Jeannette Group Ex			
<b>Aqua Blast</b> 5:30pm-6:30pm Joilynn Indoor pool	<b>Fundamentals/Masters</b> 7:00pm-8:00pm Kaitlyn <b>NEW!!</b> Outdoor Pool	<b>Aqua Blast</b> 5:30pm-6:30pm Joilynn Indoor pool	<b>Fundamentals/Masters</b> 7:00pm-8:00pm Kaitlyn <b>NEW!!</b> Outdoor Pool			

**Lift+Recover:** a multi-joint weightlifting and isometric focused class that is dedicated to help major muscle group development and joint health. You will engage in heavy resistance training, isometric exercises, and then recover by using body weight exercises. All ability levels are welcome to join!

**Band+Bar Strength:** Improve hip & shoulder stability with the versatile dynaband and body bar. This class is great for rehabilitation as well as general strengthening.

**Ballet Barre:** Ballet Barre Fitness is a total body workout, utilizes movements and positions from Dance, Pilate, Yoga and Functional Strength Training. Focuses on optimal alignment and posture to improve balance coordination, stability and strength and over function. Most movements utilize bodyweight and light weights to focus on muscular endurance, core and joint stability.

**Xtreme Hip Hop Step:** Beginner friendly, high energy step aerobic class with a twist to the latest upbeat songs in a exciting environment where your focus will be so geared into the fun you'll be having, you won't realize all the MANY calories being burnt!!!

**BollyX:** BollyX is a popular dance fitness group exercise class that combines the upbeat music of India's biggest film industry, Bollywood, with a high intensity, interval training format, that burns calories, guarantees a good time, and is fun for all ages and fitness levels

**Beginning Pilates:** Low-impact mat exercises designed to strengthen your core muscles, increase spinal mobility, boost balance, alleviate back pain and tightness, and improve mind-body awareness. A nice combination of strengthening, therapeutic stretching, flow, and a good dose of fun!

**Pilates:** Restorative muscle workout center on breathing and building abdominal strength. Workout is performed on a yoga mat, sitting, laying down, rolling over. If you can get on the ground, we'll get you back up. These exercises can also be performed in a chair. If you have your own mat, please feel free to bring it. Don't forget your water bottle.

**Boot Camp:** Combines all aspects of fitness into a fast-paced, total body workout. Your strength, speed, and agility, as well as your cardio fitness will be challenged with traditional, non-traditional, and functional exercises. You will also be introduced to metabolic resistance training, which will have you still burning calories hours after the workout is completed.

**Barre:** Barre is a fusion workout style that combines ballet, strength training and Pilates. This class will focus on core strengthening exercises throughout. These low-impact exercises can help to improve flexibility, balance and body tone.

**Cycle Fusion:** Challenge your aerobic endurance & muscular force with this exciting cardio/strength hybrid.

**Cycling:** Indoor Cycle helps you burn calories, improves your heart health, and boosts your muscle endurance. Your legs will get a serious workout. By the end of class, you'll have a steady stream of feel-good brain chemicals called endorphins. This class can cater to the beginner and advanced beginner.

**Circuit Strength:** A class that is a well-rounded, full body strength workout, where anyone can safely participate and earn lean muscle gains. Supersets, giant sets, and drop sets are utilized to get the most out of each workout.

**Dance Aerobics:** This dance aerobics class starts with a warm up, then some heart pumping cardio sections with a cool down and a lot of fun!!

**Head to Toe:** From light to moderate cardio, strength training, balance, mobility and flexibility, this class is formatted for those looking to improve overall health and fitness using dumbbells, body weight, and mats.

**Strength & Stability:** Low impact exercises for strength and endurance, with an emphasis on balance, coordination, and mobility.

**Group Power:** blasts all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls with functional integrated training. Dynamic music and motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!

**Stretch & Balance:** Using seated and standing exercises, this class increases strength, flexibility, and balance while focusing on the breath. The instructor guides participants in enhancing personal awareness and consciousness to help prevent falls.

**Stretching:** A restorative class of dynamic and static stretching! This class is designed to increase flexibility, muscle control, and range of motion.

**Tai Chi:** The ultimate purpose of Tai Chi is to cultivate the "qi", or life energy within us, to flow smoothly and powerfully throughout the body. The essential principles include mind integrated with the body; control of movements and breathing; generating internal energy, mindfulness, song (loosening 松) and jing (serenity 静).

**Zumba:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

**Zumba Gold:** Perfect for those who are looking for a modified Zumba® class that recreates the original moves at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong!

**Gentle Yoga:** "This gentle yoga class will focus on posture. It will consist of hip opener poses that will help keep the spine straight and aligned. This session may hopefully help those with tense upper, lower back, and tight hips problems. Please be cautious when doing certain poses. Not all poses are suitable for every body type. All levels are welcome. We will pay attention to our breath as we stretch our inner muscles deep into the pose.

**Vinyasa Yoga:** "This class is perfect for building strength and flexibility. In class we will focus on alignment through breathing. This class is suitable for intermediate and strong beginners. There are great benefits from vinyasa such as endurance, stability, and decreased anxiety. This will be a calm challenging class.

**HIIT:** "HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

**Top to Bottom Intervals:** "Total Body H.I.I.T is a series of total body movements utilizing multiple muscle groups simultaneously to strengthen and condition the body as a whole. While also increasing your body's mobility and ability to move as a whole from top to bottom