



# Capital Group Fitness Schedule

SEPTEMBER 2025

Revised 08.28.25

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>Yoga Flow</b> 8:00am-8:50am Miranda 					<b>Zumba Toning</b> 9:15am-10:00am Sednima 
	<b>New Class</b> <b>Ballet Barre</b> 12:00pm-12:50pm Jackie 	<b>Zumba</b> 12:30pm-1:15pm Angel 	<b>Ballet Barre</b> 12:00pm-12:50pm Jackie 9/4, 9/11 and 9/18 		
		<b>Yogalates</b> 4:30pm-5:20pm Lisa 9/10 and 9/17 	<b>Pilates Mat All Levels</b> 12:00pm-12:50pm Stefani 9/25 		
	9/23 <b>Pilates Mat All Levels</b> 4:30pm-5:20pm Stefani 	9/24 <b>Pilates Mat All Levels</b> 4:30pm-5:20pm Stefani 			
	<b>YMCA Strength</b> 5:30pm-6:20pm Lily 	<b>Yoga Flow</b> 5:30pm-6:20pm Amy New Class 			<b>LABOR DAY</b> <b>Monday 9/1</b>  Branch Hours 5:30am-6pm  **Check YMCA360 or in branch flyer for cancelled classes**
<b>Zumba</b> 6:30pm-7:20pm Favianna 	<b>STRONG Nation</b> 6:30pm-7:20pm Silvia 	<b>Zumba</b> 6:30pm-7:20pm Kang 		<b>Yoga Gentle Yin</b> 6:00pm-6:50pm Antwonette 	
<b>Class Location:</b>		<b>Group Fitness Studio</b>		<b>Mind Body Studio</b>	

## Facility Hours:

Monday-Thursday: 5:30am - 9:00pm  
 Friday: 5:30am - 8:00pm  
 Saturday: 7:00am - 6:00pm  
 Sunday: 9:00am - 6:00pm



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All Group Fitness classes are included with Membership!

Drop in rates:

Adult: \$15 Youth & Senior: \$8

Download YMCA360 to easily view and register for classes or take a virtual class anywhere you are!

**Join us for classes! This limited schedule is your chance to try something new at Capital YMCA.**

**We're listening to what's popular, so if you love it, be sure to fill out a comment card and let us know!**



## **CLASS DESCRIPTIONS**

**Ballet Barre:** A total body workout that 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.

**Pilates Mat All Levels:** A system of controlled exercises that engages the mind and conditions the body. This class is designed to accommodate and challenge both beginners and experienced participants, focusing on building strength, enhancing flexibility, and improving posture. Movements can be modified or intensified to suit all fitness levels, promoting long, lean muscle development without bulk and relieving stress.

**STRONG Nation:** STRONG Nation® is a high-intensity workout that combines bodyweight, cardio, muscle conditioning, and plyometric moves, perfectly synced to original music. Every squat, lunge, and burpee is driven by the beat, helping you push through and go further. This total-body workout tones arms, legs, glutes, and core with a mix of explosive plyometrics and isometric strength moves like kickboxing, squats, and lunges. Designed to challenge all fitness levels and help you crush your goals.

**YMCA Strength:** This full-body strength class aims to target every muscle group. A combination of dumbbells, barbells, and bodyweight will be used to build stronger muscles! Modifications can be given to make this class achievable for people of all fitness levels.

**Yoga Flow:** Intertwines posture with breath in a series of movements that flow seamlessly together within your exercise regime, you bring balanced health and harmony to your body and mind. **Gentle Yin:** A deeply relaxing class for both mind and body. Provides a gentle, quiet, and meditative practice, all poses are done on the floor so that the muscles can relax and allow the deep connective tissues surrounding the hips, thighs, and lower back to be gently stretched. Poses are held for longer periods of time (generally 3-5 minutes) and awareness is brought to sensations in the body.

**Yogalates:** A combination of yoga and Pilates exercises for your whole body that focus on effort and relaxation. Attention is paid to strengthening your abdominal and back muscles while loosening your back. However, your arm and leg muscles are not forgotten. This class is very suitable for beginners, but is also popular with people who have experience with yoga. After this lesson you will feel rested and stronger

**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 Toning:** This class uses low-impact/high intensity routines set to current and iconic music with easy-to-follow choreography for a booty-shaking fun cardio experience, and a full-body workout that combines traditional strength moves using dumbbells, bands and bodyweight, to create a unique fitness experience resulting in increased muscular strength and endurance.