



Capital Group Fitness Schedule

OCTOBER 2025

Revised 09.29.25

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Yoga Flow 8:00am-8:50am Miranda 			Qigong 9:30am-10:20am James 		Zumba Toning 9:15am-10:00am Sednima
	Ballet Barre 12:00pm-12:50pm Muhammad 	Zumba 12:30pm-1:15pm Angel 	Pilates Mat All Levels 12:00pm-12:50pm Stefani 		
	Pilates Mat All Levels 4:30pm-5:20pm Stefani 	Pilates Mat All Levels 4:30pm-5:20pm Stefani 			
	YMCA Strength 5:30pm-6:20pm Lily 	Yoga Flow 5:30pm-6:20pm Amy 			
Zumba 6:30pm-7:20pm Favianna 	STRONG Nation 6:30pm-7:20pm Silvia 	Zumba 6:30pm-7:20pm Kang 		Yoga Gentle Yin 6:00pm-6:50pm Antwonette 	
Class Location:		Group Fitness Studio		Mind Body Studio	

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



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.

Qigong: Qigong is an exercise that integrates postures, movements and breathing techniques to improve physical and mental health and bring positive healing energy to your life. Most movements can be done in a seated position.

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.

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.