

Capital Group Fitness Schedule

JULY 2025

Revised 06.24.25

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	DDPY 8:00am-8:50am Katherine				Zumba Toning 9:15am-10:00am Sednima
		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			
	Time YMCA Strength 5:30pm-6:20pm Lily				
Zumba 6:30pm-7:20pm Favianna New Class	STRONG Nation 6:30pm-7:20pm Silvia	Zumba 6:30pm-7:20pm Kang		Yoga Gentle Yin** 6:00pm-6:50pm Antwonette New Class	**Friday 7/4: No Class Friday 7/25: SPCA Yoga visit the Front Desk to Register

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

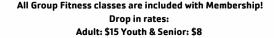












Join us for classes! This limited schedule is your chance to try something new at Capital YMCA.

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

<u>DDPY:</u> Build strength, improve flexibility, boost cardio, and torch calories, all in one class! DDPY is a high-energy, low-impact workout that fuses yoga stretches, calisthenics, dynamic resistance, and sports therapy for serious results without joint strain. Perfect for active beginners and anyone ready to move, sweat, and get strong. Modifications are offered to meet you where you're at and help you level up.

<u>Pilates Mat All Levels:</u> 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.

<u>Yoga Gentle Yin:</u> 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.

<u>Zumba</u>: 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.

<u>Zumba Toning:</u> 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.