

# Group Fitness Schedule

**JULY 2025**  
Revised 06.24.25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>STRONG Nation</b> 6:00am-6:50am Sednima <b>New Class</b>	<b>Bootcamp</b> 6:00am-6:50am Hallie		<b>Bootcamp</b> 6:00am-6:50am Hallie	<b>HIIT</b> 6:00am-6:50am Lily		
<b>Ballet Barre</b> 7:00am-7:50am Jackie	<b>Pilates Mat Beginner</b> 7:00am-7:50am Tia	<b>Ballet Barre</b> 7:00am-7:50am Jackie	<b>Pilates Mat Beginner</b> 7:00am-7:50am Tia	<b>Morning Restore</b> 7:00am-7:50am Tia		
	<b>Cycling</b> 7:00am-7:50am Jensen		<b>Cycling</b> 7:00am-7:50am Jensen			
<b>Tai Chi</b> 8:00am-8:50am Ron	<b>Yoga Gentle</b> 8:00am-8:50am Amy	<b>Tai Chi</b> 8:00am-8:50am Ron	<b>Barre + Bands Strength</b> 8:00am-8:50am Tia	<b>QiGong</b> 8:00am-8:50am Tia	<b>Cycling</b> 8:00am-8:50am Rotating Staff	
<b>Strength + Stability</b> 9:00am-9:50am Jackie	<b>Head to Toe</b> 9:00am-9:50am Amy	<b>Stretching</b> 9:00am-9:50am Teresa	<b>Head to Toe</b> 9:00am-9:50am Eliias	<b>Stretching</b> 9:00am-9:50am Jackie		
<b>Pilates Mat Intermediate</b> 9:00am-9:50am Tia	<b>Barre + Bands Strength</b> 9:00am-9:50am Tia	<b>Yoga Vinyasa</b> 9:00am-9:50am Amy	<b>QiGong</b> 9:00am-9:50am Tia	<b>Top to Bottom</b> 9:00am-9:50am Eliias	<b>Bootcamp</b> 9:00am-9:50am Eliias	
<b>Dance Aerobics</b> 10:00am-10:50am Teresa						<b>Zumba</b> 9:30am-10:20am Celeste
<b>Core Express</b> 10:00am-10:30am Tia	<b>Core Express</b> 10:00am-10:30am Tia	<b>Pilates Mat Beginner</b> 10:00am-10:50am Teresa	<b>Stretch &amp; Balance Falls Prevention</b> 10:00am-10:50am Eliias	<b>Zumba Gold</b> 10:00am-10:50am Jackie	<b>Zumba</b> 10:00am-10:50am Kang	<b>Yoga Gentle Yin*</b> 10:30am-11:20am 11:30am-12:20pm Antwonette
<b>Stretch &amp; Balance Falls Prevention</b> 11:00am-11:50am Jackie		<b>Stretch &amp; Balance Falls Prevention</b> 11:00am-11:50am Jackie		<b>Stretch &amp; Balance Falls Prevention</b> 11:00am-11:50am Eliias	<b>Body Sculpt</b> 11:00am-11:50am Sednima	<b>Yoga All Levels*</b> 10:30am-11:20am 11:30am-12:20pm Shirley
		<b>Strength and Stability</b> 12:00pm-12:50pm Amy			<b>Body Sculpt</b> 4:30pm-5:20pm Holly	
	<b>Stretch &amp; Balance Falls Prevention</b> 2:00pm-2:50pm Jackie				<b>*Yoga with Antwonette</b> 1st and 3rd Sundays  <b>*Yoga with Shirley</b> 2nd and 4th Sundays NO CLASS ON 5 <sup>TH</sup> SUNDAYS  <b>MEMBERSHIP MEANS MORE</b> All Group Exercise classes are included with Membership! Drop in rates: Adult: \$15 Youth & Senior: \$8  <b>DOWNLOAD THE APP TODAY</b>  Google Android Apple iOS  <b>Check YMCA360 for the most up to date schedules</b>  <b>STRENGTH CARDIO CORE RESTORE</b>	
<b>YMCA Strength</b> 4:30pm-5:20pm Lily	<b>HIIT Circuit</b> 4:30pm-5:20pm Jen	<b>YMCA Strength</b> 4:30pm-5:20pm Lily				
<b>YMCA Strength</b> 5:30pm-6:20pm Lily	<b>Yoga All Levels</b> 5:30pm-6:20pm Lisa	<b>YMCA Strength</b> 5:30pm-6:20pm Lily	<b>Zumba</b> 5:30pm-6:20pm Molly	<b>Zumba</b> 5:30pm-6:20pm Traci		
<b>Cycling</b> 6:00pm-6:50pm Marissa		<b>Cycling</b> 6:00pm-6:50pm Jenna				
<b>Zumba</b> 6:30pm-7:20pm Taylor	<b>BollyX</b> 6:30pm-7:20pm Celeste		<b>Yoga Gentle Yin</b> 6:30pm-7:20pm Kimberly			
	<b>Tai Chi</b> 7:30pm-9:00pm Stan		<b>Tai Chi</b> 7:30pm-9:00pm Stan			

Location:	Studio A	Studio B	Gym
-----------	----------	----------	-----

## Facility Hours:

Monday-Thursday: 5:30am - 9:00pm  
Friday: 5:30am - 8:00pm

Saturday: 7:00am - 6:00pm  
Sunday: 9:00am - 6:00pm

## CLASS DESCRIPTION:

**Barre and Bands Strength:** Class begins with gentle barre exercises using a chair and ramps up to strength exercises using hand weights, dynabands and mini-stability balls.

**Ballet Barre:** A total body workout that utilizes movements and positions from Dance, Pilates, Yoga and Functional Strength Training. It focuses on optimal alignment and posture to improve balance, coordination, stability, strength and overall function. Most movements utilize bodyweight and light weights to focus on muscular endurance, core and joint stability.

**Body Sculpt:** Body sculpting is an impactful body-shaping class. We focus on improving core strength, enhancing flexibility, and increased blood flow, by guiding you through a range of traditional weight bearing and cardio exercises. Multiple exercise levels will be shown throughout each segment. Classes are fun and motivational for all.

**Bootcamp:** Combines all aspects of fitness into a fast-paced, total body workout. Your strength, speed, 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.

**Core Express:** A quick abdominal burner designed to sculpt your abs and unlock your potential. Class serves as a great supplement to our other classes.

**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.

**Dance Aerobics:** This 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, flexibility, this class is formatted for those looking to improve overall health and fitness using dumbbells, body weight, mats.

**HIIT:** 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.

**HIIT Circuit:** Build strength, power and endurance in this exciting and dynamic workout. Explore a mixture of fun exercises in circuit fashion guaranteed to burn calories and build strength.

**Pilates Mat: Beginner:** 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

**Intermediate:** Our Pilates Mat format with a little edge. Designed to build upon our beginning mat Pilates class, this format introduces slightly more advanced exercise variations guaranteed to improve your core strength and stabilizing muscles.

**Morning Restore:** Start your day off right designed to relax and restore the spirit, mind, and body. This class will look at the whole body and the importance of strength, flexibility, posture, core strength and recovery.

**QiGong:** Combines exercises 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 sitting position.

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

**Stretch & Balance for Falls Prevention:** 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.

**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.

**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).

**Top to Bottom Intervals:** Join this interactive interval class that targets each muscle from top to bottom in a circuit style method. Items used vary from body weight, dumbbells, and bands.

**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: All Levels:** This format centers both breath and body - aligning the physical and mental by practicing stillness and gentle movements for extended periods of time. Poses are done on the floor, and can incorporate props such as straps, bolsters and blocks, ultimately promoting deep muscle relaxation and improved flexibility.

**Gentle:** Focuses on posture and consists of hip opener poses that will help keep the spine straight and aligned. It may help those with tense upper, lower back, and tight hip problems. All levels welcome! **Vinyasa:** Perfect for building strength and flexibility. We will focus on alignment through breathing.

**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 and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin 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®