

GROUP EXERCISE SCHEDULE

EFFECTIVE 12/13

Edited 12/6



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Mon	Tues	Wed	Thurs	Fri
Group Cycling @ 6:00 AM	Group Cycling 6:00 AM	Bootcamp @ 6:00 AM	Group Cycling @ 5:50 AM	Muscle MAX @ 5:45 AM
Going Strong I 8:05 AM	Yoga 7:05 AM	F.I.T. at the Y ** 7:00AM	Yoga 7:05 AM	Strength Training 8:05 AM
F.I.T. at the Y ** 9:15 AM	Stretch & Strengthen 8:10 AM	Going Strong I 8:05 AM	Stretch & Strengthen 8:10 AM	Pool Fitness (Small Pool) ** 9:05 AM
Group Cycling 9:20 AM	Fit After 50 ** \$ 8:15 AM	Group Cycling 9:20 AM	Fit After 50 ** \$ 8:15 AM	Group Cycling 9:20 AM
AOA Pool Fitness (Small Pool) ** 10:30 AM	Pool Fitness Large Pool) ** 8:30 AM	AOA Pool Fitness (Small Pool) ** 10:30 AM	Pool Fitness Large Pool) ** 8:30 AM	Going Strong II 10:30 AM
Going Strong II 10:30 AM	Poolates (Small Pool) ** 9:00 AM	Going Strong II 10:30 AM	Poolates (Small Pool) ** 9:00 AM	Saturday Group Cycling @ 7:00 AM Cardio Strength @ 8:30AM
AOA Pool Fitness (Small Pool) ** 11:15 AM	Strength & Conditioning 9:20 AM	AOA Pool Fitness (Small Pool) ** 11:15 AM	Cardio/ Strength 9:20 AM	
Junior Fit (11-14) 4:00PM	Chair Yoga @ (Live / On Zoom) 10:30 AM	Junior Fit (11-14) 4:00PM	Chair Yoga @ (Live / On Zoom) 10:30 AM	
Poolates (Small Pool) ** 4:15 PM	Deep End Poolates (Small Pool) ** 10:45 AM	Group Cycling 5:15 PM	Deep End Poolates (Small Pool) ** 10:45 AM	
Group Cycling 5:15 PM	Balance & Bones # 11:35 AM	Kids Yoga 6:15PM	Balance & Bones # 11:35 AM	
F.I.T. at the Y ** 5:45PM	Chair Yoga @ 12:15 PM	Strong Nation # 6:20 PM	Chair Yoga @ 12:15 PM	
Kids Yoga 6:15PM	Body Shaping @ 5:15 PM	Total Body Strength # 6:55 PM	YMCA Staff Use 1:45 - 3:15PM	
Strong Nation # 6:20 PM	Sword Fit (7-10) (Mini Gym) 6:30PM		Body Shaping @ 5:15 PM	
Total Body Strength # 6:55 PM	Zumba @ 6:30 PM		Jr. Fit (7-10) (Mini Gym) 6:30PM	
	TRX ** 7:15 PM		Zumba @ 6:30 PM	

- All Classes are 45 minutes in Length unless otherwise noted
- You may take a class anytime, any day during the session.
- Members age 12 & 13 may attend classes with a parent.
- Registration is encouraged in case of change in class schedule
- ** Reservation is required for these classes. Reservations are open 24 hours in advance.
- \$ TRX and Fit After 50 classes have an additional cost
- @ indicated hour long class
- # indicated half-hour long class
- Tuesday Body Shaping is a Barre class on the first Tuesday of the month.

AOA Balance & Better Bones: Active Older Adults- Age 55+ For physically deconditioned individuals, increase muscular stabilization, strength & coordination, balance and range of motion as well as improving everyday living skills.

AOA Going Strong 1: Age 55+ Includes low impact aerobics, strength training, and floor work.

AOA Going Strong 2: Age 55+ Includes mild/low impact aerobics, and strength training, no floor work 45 min class

AOA Pool Fitness: Active Older Adults- Age 55+ Endorsed by the Arthritis Foundation Aquatic Program.

Workout with an instructor in the small pool, guiding you through exercises that will encourage full range of movement and resistance exercises to help build muscle. This is a low intensity water workout.

Body Shaping: This non-aerobics class will cue you through the right body posture and movement to gain muscular strength for your entire body. The instructor will demonstrate how to use the equipment from hand weights, body bars, bands, exercuffs, stability balls, and steps. Feel strong as you sculpt your body with weights.

Boot Camp: Challenge yourself and keep those muscles guessing. This heart pumping class uses cardio drills: running, jumping, ladder and plyometrics, with a challenging free weight routine to improve both muscular & cardio endurance and strength.

Cardio Strength: Get stronger and healthier by combining weights, body weight and simple athletic movements, all set to energetic music. Get a complete cardio, strength and flexibility work out.

Chair Yoga: Enjoy the benefits of yoga without the rigors of getting up and down from the floor.

F.I.T. at the Y: a short, intense interval (H.I.I.T.) workout consisting of both cardio and strength components. Maximize your workout time with this 30 minute class designed to challenge you and help get you F.I.T.!

Fit After 50: Involves functional exercise moves for real life activities and exercises to prevent injuries.

Freestyle Fitness: incorporates TRX (Strength Training), martial arts, and flexibility for a full body workout. We start with a cardio kickboxing warm up, move into strength training, then to a bonus round utilizing everything in the Functional Training Room. We incorporate martial arts, Tabata/HIIT rounds, break dancing plyometrics and striking pad drills during the bonus round, and end with a full body stretch at the end.

Group Cycling: Experience your cycle class on a Keiser stationary bike. Instructors go over proper seat adjustments and set up, as they guide you through a warm-up, steady tempo cadence, sprints, climbs, and a cool down. You control the resistance by gears to make the pedaling as easy or as difficult as you choose. By using the Keiser monitor, you're able to keep track of your distance and speed.

Jr Fit: age appropriate active games that incorporate strength exercises, agility and cardio with a special emphasis on proper technique and safety,

Muscle Max: A strength training class designed to use a variety of equipment to strengthen and define the muscles of your body. Each muscle group will be worked either individually or in conjunction with other muscle groups, using weights, bars, bands, medicine balls and body weight. Be prepared to feel strong!

Pool Fitness: Classes designed to use the buoyant qualities of the water to enhance anyone's physical fitness. It is an ideal form of exercise to increase physical strength and endurance without overheating and putting stress on the joints. No swimming skills are required in these classes, but participants should feel comfortable in the water. Class can accommodate beginner through advanced. Located in the large Cole Pool.

Poolates & Poolates Deep End: Combines the gentle art of Tai-chi and the benefits of Pilates and puts them into the softness and buoyancy of water. Work-out the core while being easy on the joints. All abilities welcomed from athletes to those with joint issues. Poolates Deep End will utilize both the deep and shallow areas of the small pool.

Stretch & Strengthen: A mindful practice of strengthening and toning your body through varied yoga and balance poses and deep stretching. Though physically challenging, all poses can be adapted to suit the beginner, and still challenge the seasoned veteran.

Strength Training: Learn basic strength training technique and proper form in this full body workout.

Strong Nation: STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, lunge, pushup, crunch or burpee is driven by the music, helping you make it to that last rep.

Strength & Conditioning: Experience a challenging full body, strength only workout, using a variety of equipment.

Sword Fit: a fun program that engages the child's imagination while learning variety of sword styles that will build on techniques, form, control, and strategies, all while getting fit. Two-Handed, Single-Handed, Dual Wielding, light calisthenics, stretching, and movement repetition will be utilized.

Total Body Strength is a metabolism boosting workout utilizing multiple joint movements at a high intensity. Fire up your metabolism with these quick explosive moves.

Yoga : Certified Yoga instructor to help decrease stress, relax your mind and strengthen your body with yoga. Practice physical postures, stretches and yoga poses as you create a balance between the body, mind, and spirit. These classes are geared for various levels with chair yoga suitable for beginners.

Zumba: Be part of the Zumba family and enjoy some group fun. This cardio dance workout is more like a party while you move to Latin vibe music fused with cardio dance steps.