

# GROUP EXERCISE

Edited 3/6/2023



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GP	<b>The Brick</b> 5:40 AM Michelle	GP	<b>Group Cycling</b> 6:00 AM Shauna	GYM	<b>Bootcamp</b> 6:00 AM Michelle	GP	<b>Group Cycling</b> 5:50 AM Michelle	GYM	<b>Muscle MAX @</b> 5:45 AM Michelle
GP	<b>Boxing *</b> 7:30 AM Michelle	GP	<b>Yoga</b> 7:05 AM Jen K	GYM	<b>Going Strong I</b> 8:05 AM Paula	GP	<b>Yoga</b> 7:05 AM Jen K	GYM	<b>Strength Training</b> 8:05 AM Chris
GYM	<b>Going Strong I</b> 8:05 AM Paula	GP	<b>Stretch &amp; Strengthen</b> 8:05 Donna	GP	<b>Group Cycling</b> 9:15 AM Jen M	GP	<b>Stretch &amp; Strengthen</b> 8:05 AM Donna	GYM	<b>Piloxing Barre*</b> 9:15 A.M. Christine
GP	<b>Group Cycling</b> 9:15 AM Jen M	FTR	<b>Fit After 50</b> 8:15 AM Tony	SM	<b>AOA Pool Fitness</b> 10:30 AM Cindy	FTR	<b>Fit After 50</b> 8:15 AM Tony	SM	<b>Pool Fitness</b> 9:05 AM Teri
SM	<b>AOA Pool Fitness</b> 10:30 AM Cindy	LG	<b>Pool Fitness</b> 8:30 AM Cindy	GYM	<b>Going Strong II</b> 10:30 AM Teri	LG	<b>Pool Fitness</b> 8:30 AM Cindy	GP	<b>Group Cycling</b> 9:15 AM Shauna
GYM	<b>Going Strong II</b> 10:30 AM Teri	SM	<b>Poolates</b> 9:00 AM Heidi	SM	<b>AOA Pool Fitness</b> 11:15 AM Cindy	SM	<b>Poolates</b> 9:00 AM Heidi	GYM	<b>Going Strong II</b> 10:30 AM Teri
SM	<b>AOA Pool Fitness</b> 11:15 AM Cindy		GYM	<b>Strength &amp; Conditioning</b> 9:20 AM Michelle	FTR	<b>Junior Fit (11-14)</b> 4:00PM Tony	GYM	<b>Cardio/ Strength</b> 9:20 AM Paula	<b>Saturday</b>
FTR	<b>Junior Fit (11-14)</b> 4:00PM Tony	GYM	<b>Pickleball</b> 10:30-1:00	GP	<b>Group Cycling</b> 5:15 PM Diana	GYM	<b>Pickleball</b> 10:30-1:00	GP	<b>Group Cycling @</b> 7:00 AM Michelle
SM	<b>Poolates</b> 4:15 PM Teri	GP	<b>Chair Yoga</b> 10:15 AM Heidi		GYM	<b>BOSU Blast</b> 5:25 PM Tony	GP	<b>Chair Yoga</b> 10:15 AM Heidi	GP
CHLD WTC H	<b>Kid's Yoga(1st-4th)</b> 4:30 PM Jen M	SM	<b>Deep End Poolates</b> 10:45 AM Teri	FTR	<b>F.I.T. at the Y</b> 6:00 PM Tony	SM	<b>Deep End Poolates</b> 10:45 AM Teri	GYM	<b>Cardio Strength @</b> 8:15AM Mary
GP	<b>Group Cycling</b> 5:15 PM Diana	GP	<b>Balance &amp; Bones</b> 11:20 AM Heidi		GP	<b>Yoga</b> 7:05PM Jen K	GP	<b>Balance &amp; Bones</b> 11:20 AM Heidi	FTR
GYM	<b>BOSU Blast</b> 5:25 PM Tony	GP	<b>Chair Yoga</b> 12:00 PM Teri	GYM		GP	<b>Chair Yoga</b> 12:00 PM Teri	MINI GYM	<b>Sword Fit 7-10</b> 10:00 Martin
FTR	<b>F.I.T. at the Y</b> 6:00 PM Tony	GYM	<b>Body Shaping</b> 5:15 PM Christine		GYM		GYM	<b>Body Shaping</b> 5:15 PM Christine	MINI GYM
GP	<b>Yoga</b> 7:05PM Jen K	LG	<b>Water Warriors</b> 6:15 PM Karen	GYM		GP	<b>Boxing *</b> 5:30 PM Tony		
		GYM	<b>Dance Fitness</b> 6:30PM Elizabeth		LG		LG	<b>Water Warriors</b> 6:15PM Karen S	NOTE
						GYM	<b>Dance Fitness</b> 6:30 PM Elizabeth		

- All Members age 12 & 13 may attend classes with a parent.
- Tuesday Body Shaping is a Barre class on the first Tuesday of the month.
- \* Registration necessary

**GYM** = Gymnasium      **SM** = Small Pool

**GP Room** = Room off of lobby      **FTR** = Functional Training Room

**LG** = Large Pool

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.

BOSU Blast: This high energy cardio class takes you through simple and creative exercises utilizing the BOSU ball and small dumbbells. Improve core-stabilization and overall cardio and strength in this total body workout. All levels

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.

Kid's Yoga: Improve your strength, flexibility, and coordination through postures, flowing sequences, and fun games/activities. Children will also practice breathing and visualization techniques that will help them learn how to focus and center themselves.

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!

Piloxing Barre: The classic barre workout with a modern twist, this program takes traditional ballet moves and throws in pilates and boxing.

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.

Power HIIT: involves doing short intervals of explosive exercises interspersed with short intervals of rest. The exercises include burpees, jump squats, kettlebell swings, and medicine ball work among others, all of which are typically executed in order to develop explosive power, strength and speed for sports performance.

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.

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

The Brick: Mix up your game and maximize your time with this back to back weight training and cycling workout. A full spectrum class covering strength and cardio that will work your whole body and challenge your exertion level.

Water Warriors: a high intensity, fast-paced endurance and strength pool fitness class. Come be challenged and get that heart pumping and those muscles working in the water

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.

Yoga Flow: This class will help to improve muscle strength, balance and stability as well as provide the mental benefits that come with a regular yoga practice. We will warm up then flow vigorously through a series of traditional yoga postures, with modifications offered as appropriate. Postures flow together in a moving meditation as we mindfully match each movement with the breath. All levels are welcome. Some yoga experience is helpful but not required.

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.