



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

EFFECTIVE  
9/5/23

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
GP	The Brick 5:45 AM Michelle	GP	Group Cycling 5:45 AM Shauna	GYM	Bootcamp 5:45 AM Michelle	GP	Group Cycling 5:45 AM Michelle	GYM	Muscle MAX @ 5:45 AM Michelle					
GP	Boxing 7:30 AM Michelle	GP	Yoga 7:00 AM Jen K	GYM	Going Strong I 8:00 AM Paula	GP	Yoga 7:00 AM Jen K	GYM	Strength Training 8:00 AM Chris					
GYM	Going Strong I 8:00 AM Paula	GP	Stretch & Strengthen 8:00 AM Donna	GP	Group Cycling 9:15 AM Jen M	GP	Stretch & Strengthen 8:00 AM Donna	GYM	Piloxing Barre* 9:15 A.M. Christine					
GP	Group Cycling 9:15 AM Jen M	FTR	Fit After 50 8:15 AM Tony	SM	AOA Pool Fitness 10:30 AM Jen M	FTR	Fit After 50 8:15 AM Tony	SM	Pool Fitness 9:05 AM Teri					
SM	AOA Pool Fitness 10:30 AM Jen M	LG	Pool Fitness 8:30 AM Mary	GYM	Going Strong II 10:30 AM Teri	LG	Pool Fitness 8:30 AM Mary	GP	Group Cycling 9:15 AM Shauna					
GYM	Going Strong II 10:30 AM Teri	SM	Poolates 9:00 AM Heidi	SM	AOA Pool Fitness 11:15 AM Jen M.	SM	Poolates 9:00 AM Heidi	GYM	Going Strong II 10:30 AM Teri					
SM	AOA Pool Fitness 11:15 AM Jen M	GYM	Strength Training 9:20 AM Michelle	FTR	YFP Strength* Youth Fitness Program Grades 5-8 3:30PM Tony	GYM	Cardio/ Strength 9:20 AM Paula			SATURDAY				
	YFP Boxing* Youth Fitness Program Grades 5-8 3:30PM Tony	GP	Chair Yoga 10:15 AM Heidi	GP	Group Cycling 5:30 PM Instructor Rotation	GP	Chair Yoga 10:15 AM Heidi	GP	Group Cycling @ 7:00 AM Michelle					
SM	Poolates 4:15 PM Teri	SM	Deep End Poolates 10:45 AM Teri	FTR	F.I.T. at the Y 6:00 PM Tony	SM	Deep End Poolates 10:45 AM Teri	GYM	Yoga Flow 8:00 AM Jen K					
GP	Group Cycling 5:30 PM Diana	GP	Balance & Bones 11:20 AM Heidi	FTR	POWER F.I.T. 6:30 PM Tony	GP	Balance & Bones 11:20 AM Heidi	GYM	Cardio Strength @ 8:15AM Mary					
FTR	F.I.T. at the Y 6:00 PM Tony	GP	Chair Yoga 12:00 PM Teri	GP	Yoga 7:00 PM Jen K	GP	Chair Yoga 12:00 PM Teri	FTR	Zumba 9:30AM Kait C					
FTR	POWER F.I.T. 6:30 PM Tony	GP	Kids Yoga 5:15 PM Jen				GYM	Body Shaping 5:15 PM Christine	MINI	Adult Sword Fit 10:15 Martin				
GP	Yoga 7:00 PM Jen K	GYM	Body Shaping 5:15 PM Christine				GP	Boxing 5:30 PM Tony	GYM	Sword Fit Youth Fitness Program 11:30 Martin				
		LG	Water Warriors 6:15 PM Karen				LG	Water Warriors 6:15PM Karen						
		GYM	Dance Fitness 6:30PM Elizabeth				FTR	Jr. Fit Youth Fitness Program (Grades 1-4) 6:30PM Shauna						
		GYM	Dance Fitness 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.
- \*Classes start 9/18.

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GYM = Gymnasium  
GP Room = Room off lobby  
LG = Large Pool  
SM = Small Pool  
FTR = Functional Training Room

**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.

**Boxing:** Get fit, have fun and learn to throw punches. Class includes shadow boxing, heavy bag work, foot work and cardio.

**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.

**Dance Fitness:** A fun cardio workout using easy to follow, choreographed dance moves set to high energy songs. Burn calories, improve strength and stamina, and have a blast!

**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. Group Cycling: Enjoy the benefits of cycling set to music that complements the movements. Rides include flats, climbs, steady tempo and intervals. You make it your own ride by adjusting gear and tempo, and the bike monitor keeps track of your progress. Come ride with us!

**Kickboxing:** Combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

**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.

**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.

**Adult Sword Fit:** Is a creative fitness class where you will experience a variety of sword styles, techniques, strategies, and funtional movement, all while getting fit. There is Light Dueling. No experience needed. We even get to use lightsabers!!!

**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.



# GROUP EXERCISE SCHEDULE BY CATEGORIES

## POOL FITNESS

### MONDAY

SM AOA Pool Fitness  
10:30am • Jen M  
SM AOA Pool Fitness  
11:15am • Jen M  
SM Poolates  
4:15pm • Teri

### TUESDAY

LG Pool Fitness  
8:30am • Mary  
SM Poolates  
9:00am • Heidi  
SM Deep End Poolates  
10:45am • Teri  
LG Water Warriors  
6:15pm • Karen

### WEDNESDAY

SM AOA Pool Fitness  
10:30am • Cindy  
SM AOA Pool Fitness  
11:15am • Cindy

### THURSDAY

LG Pool Fitness  
8:30am • Cindy  
SM Poolates  
9:00am • Heidi  
SM Deep End Poolates  
10:45am • Teri  
LG Water Warriors  
6:15pm • Karen

### FRIDAY

SM Pool Fitness  
9:05am • Teri

### SATURDAY

## CYCLING

### MONDAY

GP Group Cycling  
9:15am • Jen M  
GP Group Cycling  
5:30pm • Diana

### TUESDAY

GP Group Cycling  
5:45am • Shauna

### WEDNESDAY

GP Group Cycling  
9:15am • Jen M  
GP Instructor Choice  
Cycling • 5:30pm • Various

### THURSDAY

GP Group Cycling  
5:45am • Michelle

### FRIDAY

GP Group Cycling  
9:15am • Shauna

### SATURDAY

GP Group Cycling  
7:00am • Michelle

## FLEXIBILITY & BALANCE

### MONDAY

GP Yoga  
7:00pm • Jen K

### TUESDAY

GP Yoga  
7:00am • Jen K  
GP Chair Yoga  
10:15am • Heidi  
GP Balance & Bones  
11:20am • Heidi  
GP Chair Yoga  
12:00pm • Teri

### WEDNESDAY

GP Yoga  
7:00pm • Jen K

### THURSDAY

GP Yoga  
7:00am • Jen K  
GP Chair Yoga  
10:15am • Heidi  
GP Balance & Bones  
11:20am • Heidi  
GP Chair Yoga  
12:00pm • Teri

### FRIDAY

GYM Piloxing Barre  
9:15am • Christine

### SATURDAY

GP Yoga Flow  
8:05am • Jen K

## CARDIO FOCUS

### MONDAY

GP Boxing  
7:30am • Michelle  
GYM Going Strong I  
8:00am • Paula

### TUESDAY

GYM Dance Fitness  
6:30pm • Elizabeth

### WEDNESDAY

GYM Bootcamp  
5:45am • Michelle  
GYM Going Strong I  
8:00am • Paula

### THURSDAY

GYM Cardio/Strength  
9:20am • Paula  
GP Boxing  
5:30pm • Tony  
GYM Dance Fitness  
6:30pm • Elizabeth

### FRIDAY

GYM Cardio/Strength  
8:15am • Mary  
GYM Zumba  
9:30am • Kait C  
GP Adult SwordFit  
10:15am • Martin

## STRENGTH FOCUS

### MONDAY

GP The Brick  
5:45am • Michelle  
GYM Going Strong II  
10:30am • Teri  
FTR F.I.T. at the Y  
6:00pm • Tony  
FTR Power F.I.T.  
6:30pm • Tony

### TUESDAY

GP Stretch/Strength  
8:00am • Donna  
FTR Fit After 50  
8:15am • Tony  
GYM Strength Training  
9:20am • Michelle  
GYM Body Shaping  
5:15pm • Christine

### WEDNESDAY

GYM Going Strong II  
10:30am • Teri  
FTR F.I.T. at the Y  
6:00pm • Tony  
FTR Power F.I.T.  
6:30pm • Tony

### THURSDAY

GP Stretch/Strength  
8:00am • Donna  
FTR Fit After 50  
8:15am • Tony  
GYM Body Shaping  
5:15pm • Christine

### FRIDAY

GYM Muscle MAX  
5:45am • Michelle  
GYM Strength Training  
8:00am • Chris

## YOUTH FITNESS

### MONDAY

GP Youth Boxing  
Grades 5-8  
3:30pm • Tony

### TUESDAY

GP Kids Yoga  
5:15pm • Jen

### WEDNESDAY

FTR Youth Strength  
3:30pm • Tony

### THURSDAY

FTR Jr. Fit  
Grades 1-4  
6:30pm • Shauna

### FRIDAY

### SATURDAY

MINI GYM  
Youth SwordFit  
11:30am • Martin

Please note: these categories are meant to help guide your class selection. All classes have elements of many areas of fitness including cardio, strength and flexibility/balance.

## Your Health & Wellness Team



**Michelle Urbanski**  
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