



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness : NOVEMBER Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 6:00-7:00am Kandys	Body Pump 5:15 – 6:15am Dawn G	Cycling 6:00-7:00am Kandys	Body Pump 5:15 – 6:15am Dawn G	Senior Fitness 8:30-9:15am Robin	Body Pump 8:00 – 9:00am Rotation
Senior Fitness 8:30-9:15am Robin	Water Aerobics 9:00-10:00am Marge	Senior Fitness 8:30-9:15am Robin	Water Aerobics 9:00-10:00am Irene	Water Aerobics 9:00-10:00am Rotation	Hot Yoga* Nov 19 only 9:30-10:30a Angel
Water Aerobics 9:00-10:00am Marge	Silver Sneakers 10:30-11:15am Lynda	Water Aerobics 9:00-10:00am Irene	Silver Sneakers 10:30-11:15am Lynda	Anything Goes Bootcamp 12:00-12:30pm Amanda/Kara	
Cardio & Strength 9:20-10:00am Amanda	Tabata Fusion 12-12:30pm Amanda	Vinyasa Yoga 9:25-10:15am Angel	Bootcamp/HIIT 12:00-12:30pm Amanda	Body Maintenance 12:40pm-1:20pm Jenna	
Strength Express 12-12:30pm Kara	Body Pump 5:30 – 6:30pm Tina	Beginner Strength 10:30-11:30a Registration required Kara	Body Pump 4:00 – 5:00pm Tina	<p><u>Beginner Strength</u> Next Session: 11/16 – 12/7 Registration Required, spots limited</p> <p><u>*Hot Yoga Nov. 19</u> Registration required</p> <p><u>Body Melt Challenge:</u> <u>Jan 9- March 31</u> Be the biggest winner! This point challenge offers pre/post intake, bi-weekly check-ins, bi-weekly clinics, and pro-option discounts. Registration Now – Dec 26</p>	
Vin – Yin Yoga 4:15- 5:05pm Angel	Aquatic Bootcamp 6:00-7:00pm Kim	HIIT 12:00-12:30 pm Kara	Pound 5:30-6:30pm Candace		
Full Body Workout 5:30-6:15pm Becky	Cycling 5:30-6:30 pm Bob	Zumba* 5:15-6:00 pm Andrea	Cycling 5:30-6:30 pm Bob		
		Full Body Workout 6:05-6:35pm Becky			

Class Descriptions

Anything Goes Bootcamp: The name says it all!! Are you ready for a challenge?! Intermediate-Advanced

Aquatic Bootcamp: NEW program that will work every part of your body. This is a mix of the following: swimming, Hit, boot camp, tabata, and so much more.

Body Maintenance: We have to make time to give to our body for all that it gives to us. This class combines myofascial release and movement to increase range of motion and muscle elasticity

BODY PUMP™: The original barbell class that strengthens your entire body. This workout entails exercises that work a specific muscle group such as squats, chest press, clean and press, bicep curls, and much more! Great music, awesome instructors, and your choice of weight inspire you to achieve the results and goals you came for! Intermediate-Advanced

*Express format is 45 minutes and full Body Pump is 1 hour long

Bootcamp/HIIT: This intense class consists of power moves, sprints, jumping jacks, jump rope, lunges, strength training, abs, and more! Intermediate-Advanced

Cardio & Strength: This class believes variety is the spice of fitness so we incorporate cardio and strength training into each class using a variety of different methods. This class is designed and modifiable for a variety of fitness levels.

Full Body Workout: A 30 minute fast paced full body workout class that combines strength and cardio. Perfect combination for a great workout! All skill levels are welcome!

HIIT: High intensity, *low impact* 30m workout that incorporates bands, light weights and ab exercises that allows you to workout at your own pace.

POUND®: is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, and improving your health and rocking out!

Senior Fitness: Designed for active older adults, this class is a great way to make exercise a part of your life. This workout consists of various exercises to help maintain strength and range of motion.

Silver Sneakers: Have fun and move to the music though a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Handheld weights, elastic tubes, small balls, and a chair are used for seated and/or standing support. This class is designed for seniors and active older adults. All skill levels are welcome!

Strength Express: Enjoy an express workout focused on strength based exercises targeting different muscles groups throughout the body.

Tabata Fusion: This high intensity anaerobic workout will help you burn a lot of calories and get your heart rate up! This class is 30 minutes long and will keep you moving the whole time.

Vin Yin Yoga: Enjoy a balance of movement and stillness as practice incorporates a warming flow and holding poses to reach the deeper layers of the body leaving you feeling peaceful and balanced.

Vinyasa Flow- offers unique sequencing of sun salutations, balancing postures, inversion and back bending - linking the movement of the body with the power of the breath. This class is taught with music and is available to all, with modifications and variations of the poses. The practice builds strength, improves flexibility, challenges balance and calms your mind by focusing on the present moment and breath.

Water Aerobics: This full-body workout is a combination of cardio endurance, muscle conditioning, and interval training. You do not need to put your head under water, but your hair may get wet. Great low impact workout! Ages 14 and up

W.O.W- Women on Weights: New to strength training? Learn proper technique and gain an understanding of basic strength training routine to prepare for independent workout. Class runs in 4 week sessions. Registration required.

ZUMBA™: Try one of the hottest classes in the fitness industry! This workout has been dubbed 'exercise in disguise' because it incorporates dancing to the beats of Latin-inspired music such as Salsa, Merengue, Cumbia, and Reggaeton. Come try it out for fun and effective workout! All skill levels welcome!

BEGINNER STRENGTH: New to the Y or looking to introduce weight training in to your regimen?_This is a 4 week fitness class that is designed to introduce you to a variety of fitness equipment and basic strength and lifting exercises. Meets in Functional Training room. See session info for day and time offerings