



# GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Group Cycle*	Group Cycle*			Group Cycle*	
5:30am							
6:00:00am							
7:00am						Chair Yoga*	
7:15am		Jump Start** (7:15-8:00am)	Total Body Conditioning	Jump Start** (7:15-8:00am)	Total Body Conditioning	Jump Start** (7:15-8:00am)	
8:00am		SilverSneakers Cardio Circuit		SilverSneakers Cardio Circuit		SilverSneakers II CardioCircuit	Step
9:00am		Strenth & Cardio Conditioning		Step		Yoga	
			Step 9am *				
			Tai Chi (Gymnasium)		Tai Chi (Gymnasium)		
9:05am		Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness
9:15am & 10:10am			Silver Start** (9:15-10am)	Yoga Variety* (10:10-11:10am)	Silver Start** (9:15-10am)		Cardio Kickbox
10:15am		SilverSneakers Muscular Strength	55+ Alive Senior Fitness	SilverSneakers Muscular Strength	55+ Alive Senior Fitness	SilverSneakers CardioFit	
11:30am	Step 11.30am			Meditation (11:30-12:30am)		SilverStrength (2nd/4th week only)	
12 noon							
12:50pm & 1pm	Yoga (12:50-1:50pm)						
2:00pm	Tai Chi						
4:50pm	2pm Gong Yoga* Last Sunday of month		Kids Start 4.50-5.20pm **	Kids Express 4.50-5.20pm	Reki Healing 5-7 In the Lobby		
5:30pm		Intermediate Yoga		Total Body Conditioning	Cardio Kickbox	Pilates*	
6:00pm			Family Fuel (Conference Room)		Family Fuel (Conference Room)		
		Jump Start II** (6:00pm-6:45pm)	Step 6:05-6:35	Jump Start II** (6:00pm-6:45pm)		Shallow Water Fitness	
6:15pm			Group Cycle*	Group Cycle*	*		
6:40pm			Cardio Kickbox				
7:30pm			Kundalini Yoga*		Step		
7:45pm		Stretch & Tone		Stretch & Tone	Kundalini Yoga*		

[ schedule is subject to change]

[ \*class held in multi-purpose room | \*\* class held in expanded fitness center ]



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<b>Advance Step</b>	Great cardio & lower body workout while learning fun combinations on the step. Class is designed for those on an advanced level
<b>Cardio Box</b>	This action-packed workout incorporates kicks, punches, and drills to give you that extra burn! Give your body the challenge of kickboxing!
<b>Chair Yoga</b>	A gentle form of yoga that is done in a chair. This class involves relaxation techniques to clear the mind. Open to all levels.
<b>Cycle Combo</b>	Go for a ride then get pumped up! This class starts off with a cycling workout followed by strength training. Beginner to Advanced level.
<b>Family Fuel</b>	Basic Nutritional class which is only 45 mins for all age groups from Families, Seniors or Adults looking for some added information on Healthy Eating
<b>Gong Yoga</b>	Yoga and meditation to release, relax and energize. Please note this class is offered on the last Monday of the Month ONLY!
<b>Group Cycle</b>	The only skill for this class is to pedal! Come and take a ride with fellow members as you burn 450 to 650 calories in one class! ***Tuesday 5.30am class once a month(last Tues of the month) will have a 90 min class starting at 5am. Join the challenge and finish strong !
<b>Group Core</b>	A 30 min Action Packed Core Class with an emphasis on Athletic Conditioning using the entire core with some assistance from your legs and arms. Total Body Training, Dynamic Training and Integrated Training, get ready to go hard core and reach your peak with this class.
<b>Group Power</b>	This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls.
<b>Intermediate Yoga</b>	Get your heart pumping and expect to sweat with this great overall workout. Work through many asanas (postures) as you stretch through this powerful aerobic hour. Beginner to advanced levels welcome
<b>Jump Start</b>	A 45 minute group circuit training class that implements both strength equipment and cardio. A good workout for all levels.
<b>Kids Express</b>	30 min variety class for kids ages 7-12yrs. Kickboxing, Dancing, muscular strength and fun way to exercise.
<b>Meditation</b>	Group Meditation to reach new levels of health, happiness and spiritual awareness
<b>Memory Yoga</b>	A gentle form of yoga that is done in a chair. This class involves relaxation techniques to clear the mind. Open to all levels.
<b>Pilates</b>	This exhilarating workout focuses on posture, flexibility & strengthening the body's core.
<b>Reiki Healing</b>	A healing therapy that uses universal energy to heal the body and mind. It re-balances energy and restores order to the body.
<b>Shallow Water Fitness</b>	This fun and energized workout is all done in the water. The use of full resistance from the water makes this workout worth it! Full use of the t !
<b>SilverStrength</b>	30 min class every 2nd/4th week of the month. A great introduction to all Seniors looking to add Muscular Strength to their workout.
<b>Silver Sneakers® Cardio Circuit</b>	This 45minute class blends the basics & increases your power with a circuit workout! Upper body strength work with hand-held weights, elastic tubing w/ handles & a ball alternating w/ non-impact aerobic choreography. Includes use of a chair for optional support, stretching & relaxation exercises.
<b>Silver Sneakers® Cardio Fit</b>	A group exercise class for active older adults who desire a safe & effective low-impact cardiovascular workout. Elastic tubing & hand-held weights are
<b>Silver Sneakers® Muscular Strength</b>	Move through a variety of exercises designed to increase muscular strength, range of motion & skills for activities for daily living. A chair is offered for seated &/or support.
<b>Step</b>	Great cardio & lower body workout while learning fun combinations on the step. Modified for beginner, intermediate & power moves.
<b>Step Combo</b>	A step & strength combination class for all levels.
<b>Strength &amp; Cardio Conditioning</b>	Low to medium-level workout. Includes at least 3 different types of activity: lo-impact or step aerobics; strength, core, stretch & relaxation.
<b>Stretch &amp; Tone</b>	This class will help you increase your flexibility and tone up your body by using dumbbells, bands, and floor exercises.
<b>Total Body Conditioning</b>	Get your blood pumping. Work all of the major muscle groups! Class emphasizes form, safe lifting, fun! Gain a strong & sculpted body.
<b>Yoga Flow (Tonga)</b>	This class is a fusion of toning and yoga. Increase your strength and flexibility through the incorporation of yoga postures.
<b>Yoga Variety</b>	A variety of Yoga classes each week; Pilates 1st week, 2nd & last week Yin Yoga (deep stretch), 3rd week Hatha Yoga
<b>ZUMBA</b>	An Aerobic workout, Dance your way to a fitter you. Exciting and unique Latin moves and rhythms- Have fun with this workout!
<b>55+ Alive (Senior exercise)</b>	A gentle but effective workout. Class keeps the body moving through warm-up, cardiovascular and strength exercises.

Please practice the core values of the YMCA with Respect, Caring, Responsibility, and Honesty to fellow members, staff, and instructors.