

# Group Fitness Schedule

Effective: September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:15am-10:00am <b>Aerobics &amp; Bollywood Dance</b> (Fitness Studio)</p> <p>10:30am-11:15am <b>Yoga</b> (Fitness Studio)</p>	<p>9:15am-10:15am <b>Aqua Fit</b> (Pool)</p> <p>9:15am-10:00am <b>Low Impact Aerobics</b> (Fitness Studio)</p> <p>10:30am-11:00am <b>Joints In Motion</b> (Fitness Studio)</p> <p>11:15am-12:00pm <b>Aqua R.O.M.</b> (Pool)</p> <p>1:00pm-1:45pm <b>Fun Fitness</b> (Fitness Studio)</p> <p>6:15pm-7:00pm <b>Cycle Fit</b> (Fitness Studio)</p> <p>7:15pm-8:00pm <b>Yoga</b> (Fitness Studio)</p>	<p>9:15am-10:15am <b>Aqua Fit</b> (Pool)</p> <p>9:15am-10:15am <b>Muscle Fit</b> (Fitness Studio)</p> <p>10:30am-11:30am <b>Zumba</b> (Fitness Studio)</p> <p>11:15am-12:00pm <b>Aqua R.O.M.</b> (Pool)</p> <p>12:10pm-12:50pm <b>Cycle Fit</b> (Fitness Studio)</p> <p>5:00pm-5:45pm <b>Total Body Blitz</b> (Fitness Studio)</p> <p>6:00pm-6:45pm <b>Rhythmic Beat Based Spin</b> (Fitness Studio)</p>	<p>9:15am-10:15am <b>Aqua Fit</b> (Pool)</p> <p>9:15am-10:15am <b>Step Aerobics</b> (Fitness Studio)</p> <p>10:30am-11:00am <b>Joints In Motion</b> (Fitness Studio)</p> <p>11:15am-12:00pm <b>Aqua R.O.M.</b> (Pool)</p> <p>1:00pm-1:45pm <b>Zumba Gold</b> (Fitness Studio)</p> <p>5:30pm-6:15pm <b>Cycle Fit Intense</b> (Fitness Studio)</p> <p>6:30pm-7:15pm <b>Yoga</b> (Fitness Studio)</p>	<p>9:15am-10:15am <b>Aqua Fit</b> (Pool)</p> <p>9:15am-10:00am <b>Low Impact Aerobics</b> (Fitness Studio)</p> <p>10:30am-11:15am <b>Stretch &amp; Strengthen</b> (Fitness Studio)</p> <p>11:15am-12:00pm <b>Aqua R.O.M.</b> (Pool)</p> <p>12:10pm-12:50pm <b>Cycle Fit</b> (Fitness Studio)</p> <p>5:00pm-5:45pm <b>Zumba</b> (Fitness Studio)</p> <p>6:00pm-6:45pm <b>Rhythmic Beat Based Spin</b> (Fitness Studio)</p>	<p>9:15am-10:15am <b>Aqua Fit</b> (Pool)</p> <p>9:15am-10:00am <b>Zumba</b> (Fitness Studio)</p> <p>10:15am-11:45am <b>Line Dancing</b> (Fitness Studio) <i>starts October 6th</i></p> <p>10:30am-11:00am <b>Joints In Motion</b> (Auditorium)</p> <p>11:15am-12:00pm <b>Aqua R.O.M.</b> (Pool)</p> <p>12:00pm-12:45pm <b>Let's HIIT It!</b> (Fitness Studio)</p> <p>1:00pm-1:45pm <b>Forever Fit</b> (Fitness Studio) <i>starts October 6th</i></p> <p><b>Please note:</b> Our YMCA pools are scheduled to undergo required annual maintenance from September 17th, to October 1st. There will be no pool-based classes during this time. Our pools will re-open on October 2nd, 2023.</p>	<p>8:30am-9:15am <b>Cycle Fit</b> (Fitness Studio)</p> <p>10:45am-11:30am <b>Youth Strength &amp; Core</b> (Fitness Studio)</p> <p>11:45am-12:15pm <b>Youth HIIT</b> (Fitness Studio)</p>

# Class Descriptions

**Aerobics and Bollywood Dance:** A fusion of various Indian and other styles of dance for a fun, high energy class. Come feel the music in this class where there are no defined dance rules. *Intermediate.*

**Aqua Bootcamp:** Do you like a challenge? Do you like the intensity of bootcamps? Are you ready to try something new? Try bootcamp like you've never done it before. Bring your swimsuit and meet us in the pool for this totally balanced workout using the properties of water. *All Levels.*

**Aquafit:** This total body conditioning class combines cardiovascular training with strength benefits using the water as resistance. It is taught with both shallow and deep water (suspended) options so you can choose which end of the pool is best for you! Experience the benefits of water exercise with this low impact workout that is easier on the joints and allows for a gentle extension of your range of motion. *Intermediate.*

**Aqua R.O.M:** Using light strengthening exercises and relaxation in the warm waters of the leisure pool, Aqua R.O.M (Range of Motion) encourages the use of a full range of motion in easy movements. This class can help those with arthritis, joint issues and low mobility. *Beginner.*

**Cycle Fit / Cycle Fit Intense:** Train your cardiovascular system on the stationary bike. Join the instructor in a class that is music-driven to train for endurance, get your heart pumping, and your legs moving. In a class, you will experience high-intensity drills, strength climbs and endurance rides, with the ability to do it all at a pace that suits you best. *Advanced.*

**Forever/Fun Fitness:** This class has the benefit of improving posture, balance, coordination, range of motion, and flexibility. It involves low impact cardio and the use of light weights. Beginner to *Intermediate.*

**Joints in Motion:** Enjoy mild strengthening and stretching exercises. This program can be for older adults and anyone needing slow gentle movement. Mondays & Wednesdays: Located in the studio. *Beginner.*

**Let's HIIT It!** Bring your energy & imagination because this class follows a new circuit based, full body workout every week. *Intermediate.*

**Line Dancing:** Get moving and learn how to line dance. Several dances will be taught during this social and fun-filled time. The first 30 minutes of the class are for beginners. *All levels.*

**Low Impact Aerobics:** A low impact class combining aerobic and bodyweight exercises to strengthen and tone the body with minimal stress on the joints. *All Levels.*

**Muscle Fit:** Strength training exercises using hand weights, body bars, stability balls and more. *Intermediate to Advanced.*

**Rhythmic Beat Based Spin:** We're putting our SPIN on cycling, in a music beat based way! Feed off the incredible instructor's energy in the room with a combination of endurance and strength building. A whole total body workout that you won't regret! The music is loud, and the lights are glowing to give the motivation and endurance you need with a mix of fast sprints, heavy climbs, push-ups, jumps and more all timed to the beat of the music. You'll be counting down the hours until you're back on the bike and in our kickass beat-based class. See you there! *Intermediate to Advanced.*

**Step Aerobics:** Step aerobics is a fun choreographed cardiovascular workout utilizing 4-10-inch platforms to increase the intensity. As well as being an excellent fat burner, step aerobics strengthens the core and targets key muscle groups. *All levels.*

**Stretch and Strength:** Learn to strengthen your core, balance and flexibility. Learn functional movements and train to help lower the chance of injury and prepare you for daily tasks. TheraBand's and other equipment will be used. *Intermediate to Advanced.*

**Total Body Blitz:** A combination of strength, cardio and core with timed intervals of work and rest to keep your heart rate up and get those calories burning! *Intermediate to Advanced.*

**Yoga:** Join us for Yoga as we move through different poses with different focuses each class. Explore your range of motion, flexibility and breath in these all-levels classes. *All levels.*

**Zumba/Zumba Gold:** A cardio workout with Latin flavor and international zest. Zumba Gold is a cardio workout at a little slower pace. *All levels.*

