



SEPTEMBER – DECEMBER 2023

GROUP EXERCISE SCHEDULE

Virtual Classes

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CYCLING ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45- 6:30 am	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	
8:00-8:45 am	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL 8:40 am
3:00 – 3:45 pm	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	
4:15-5:00 pm	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	RPM® VIRTUAL	

LES MILLS ROOM

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5:40-6:30 am		BodyCombat® Virtual		CORE® Virtual	BodyPump® Virtual	
12:00 – 12:55 pm	BodyPump® Virtual	BodyPump® Virtual	BodyPump® Virtual	BodyPump® Virtual	BodyPump® Virtual	8:35 am BodyPump Virtual
2:00 – 2:45 pm	BodyPump® Virtual	Sh'Bam® Virtual		Sh'Bam® Virtual		
3:15 – 4:00 pm	BodyPump® Virtual	BodyPump® Virtual	BodyPump® Virtual	BodyPump® Virtual	BodyPump® Virtual	
4:30 – 5:25 pm					BodyPump® Virtual	
6:00 – 7:00 pm			BodyPump® Virtual			

CON'T DESCRIPTIONS

LES MILLS BodyPump® – The ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of reps.

LES MILLS RPM® – Indoor cycling class, set to a rhythm of motivating music. Control your own resistance levels & sprint speeds.

SILVER SNEAKERS CLASSIC® – Exercises that increase muscular strength and range of motion. Hand-held weights, elastic tubing and balls.

SILVER SNEAKERS® YOGA/EnerChi – increase flexibility, balance and range of motion. SilverSneakers EnerChi combines easy to learn tai chi forms.

STEP N' SWEAT – This class utilizes step aerobics benches and provides a cardio workout. Beginners to Intermediate.

TABATA – Be prepared for a challenging and total body workout. Tabata training works in 20 sec. intervals of HIIT, followed by 10 sec. of rest.

YOGA – Postures are practiced to align, strengthen & promote flexibility. Breathing techniques are also integrated.

ZUMBA® – Exercise in Disguise! High energy that leaves you feeling awesome after each class. No dance experience needed! Come join the Party!

Line Dancing - Learn how to line dance and exercising while you do! Lots of country & those done in social events!

AGE POLICY – Ages 14 & up may attend without a Parent/Adult

Age 10-13 may attend with a Parent/Adult

Age 10 & under may not attend Group Exercise classes

Virtual classes require a Parent/Adult to be with all kids under age 14 due to safety and liability issues. We encourage Parents/Adults to participate with their kids.

YMCA MISSION: To put Christian principles into practice that build healthy spirit, mind and body for all.

Financial Assistance: Scholarships available for low income families and individuals. Inquire at Welcome Center