



OCTOBER 2023 GROUP EXERCISE SCHEDULE LIVE CLASSES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CYCLING ROOM

Live classes may be changed out to Virtual Classes whenever an instructor is not available.

Contact Annette Garrison for any questions, agarrison.ymca@gmail.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 – 6:30 p.m.	CYCLING		CYCLING				

AEROBICS ROOM

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
7:00 – 7:45 am			YOGA				
8:00 – 8:45 am					YOGA		
8:45 – 9:45 am						ZUMBA	
9:00 – 9:45 am	YOGA						
10:00 – 10:45 am						YOGA	
2:00 – 2:45 pm`							YOGA
6:00 – 6:45 pm		YOGA		YOGA			
7:00 – 7:45 pm	RESTORATIVE YOGA						

LES MILLS ROOM

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
5:35 – 6:35 am	BodyPump		AM Enerizer				
8:00 – 9:00 am	Fitness Fusion	Central Learning JAG Program	Fitness Fusion	BodyPump	Complete Conditioning	BodyPump Virtual 8:35	
9:00 – 10:00 am		Bodyblast		Bodyblast	Central Learning JAG Program		
10:30 – 11:15 am	SILVER SNEAKERS CLASSIC	SILVER SNEAKERS Yoga/TaiChi	SILVER SNEAKERS CLASSIC	Line Dancing 10:45 am BodyPump Virtual	SILVER SNEAKERS Yoga/Tai Chi		
4:45 – 5:45 pm	BodyPump		BodyPump				
5:45 – 6:45 pm		ZUMBA		ZUMBA			
6:00 – 7:00 pm	ZUMBA STEP		ZUMBA STEP				

AQUA AEROBICS (POOL CLASSES)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 – 8:00 am	Aqua Aerobics		Aqua Aerobics				
9:00 – 10:00 am	Arthritis class		Arthritis class		Arthritis class		
5:00 – 6:00 pm	Aqua Aerobics		Aqua Aerobics				

Class Descriptions (All levels of fitness are adaptable for each class)

ARTHRITIS CLASS –Arthritis Aquatics offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance.

AQUA AEROBICS – Low/Moderate Intensity–Improve agility, flexibility, and cardiovascular endurance and develop strength, balance, and coordination.

AM ENERGIZER – All over body workout using a variety of equipment and exercise options for strength and cardio! Fun, energetic class!

BODYBLAST –Class offers various movements hi/lo impact, step, muscular strength and endurance, tabata and a variety of resistance equipment

COMPLETE CONDITIONING – Designed to produce total body results that will strengthen cardiovascular system, improve muscular tone, and strength.

CYCLING – Indoor Cycling Instructor led classes. Adjust your resistance levels & sprint speeds while you build up your strength!

FORM & FUNCTION – Learn proper technique and form to get the best results from the workouts you already do and daily activities.

FITNESS FUSION– Class has been renamed and will include Instructor's choice of workouts for each class!! Strength training, cardio and more! A fusion of many types of workouts into one!

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

MAKE SURE YOU PICK UP A VIRTUAL SCHEDULE TOO!