

YMCA Group Exercise Schedule – SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15a-6:00a Functional Strength (FR) Christina	5:15a-6:00a LM Body Attack (GFR 1) Stephanie Pl	5:15a-6:00a Functional Strength (FR) Christina	5:15a-6:15a LM Body Combat /Tone (GFR 1) Alexis	5:15a-6:00a Functional Strength (FR) Christina
5:15a-6:15a LM Combat/Pump (GFR 1) Beth	5:15a-6:00a LM RPM Cycling (CS) Renee H.	5:15a-6:15a LM Body Pump (GFR 1) Stephanie P.	5:15a-6:00a Cycling (CS) Renee H.	5:15a-6:15a LM Pump /Attack (GFR 1) Stephanie P.
6:15a-7:00a Functional Strength (FR) Christina	8:00a-9:00a Stretching (MPR) Melissa P.	6:15a-7:00a Functional Strength (FR) Christina	8:00a-9:00a Stretching (MPR) Melissa P.	6:15a-7:00a Functional Strength (FR) Christina
7:45a-8:45a Yoga (MPR) Amy W.	8:00a-8:45a LM Tone (GFR 1) Alexis	7:45a-8:45a Yoga (MPR) Amy W.	8:15a-8:45a LM Grit (GFR 1) Jodi	
9:00a-9:45a Barre & Beyond (GFR 2) Jessica	9:00a-9:45a Functional Strength (FR) Christina	8:15a-8:45a Core (GFR 1) Kelcey	8:15a-8:45a LM RPM (CS) Robyn	8:15a-8:45a Core (GFR 1) Missy
9:00a-9:45a Cycling (CS) Chris	9:00a-9:45a Flex & Ride (CS) Stephanie	9:00a-9:45a Cycling (CS) Missy	9:00a-9:45a Functional Strength (FR) Jessica	9:00a-9:45a Cycling (CS) Missy
9:00a-9:45a Functional Strength (FR) Christina	9:00a-10:00a LM Body Pump (GFR 1) Ai	9:00a-9:45a Functional Strength (FR) Christina	9:00a-10:00a LM Body Pump (GFR 1) Ai	9:00a-9:45a Functional Strength (FR) Christina
9:00a-9:45a LIT (GFR 1) Missy	10:15a-11:15a Line Dancing (GFR 2) Lucy	9:00a-9:45a LIT (GFR 1) Kelcey		9:00a-9:45a LIT (GFR 1) Kelcey
10:00a-11:00a Body Balance /Core (GFR 1) Ai	10:15a-11:15a Yoga (MPR) Lillian	10:00a-11:00a Power Yoga (GFR 1) Clarissa	10:15a-11:00a Barre & Beyond (GFR 2) Jessica	10:00a-11:00a Core Yoga (GFR 1) Manda
10:15a-11:00a Active Adults I (TACONI) Robyn	10:15a-10:45a LM Core (GFR 1) Ai	10:15a-11:00a Active Adults I (TACONI) Missy	10:15a-11:15a Yoga (MPR) Lillian	10:15a-11:00a Active Adults I (TACONI) Lydia
10:30a-11:20a RevO2lution Running* Jessica	11:00a-12:00p Tai Chi Easy™ (GFR 1) Angie	11:15a-12:00p Active Adults II (TACONI) Lydia	10:15a-11:00a LM Body Combat (GFR 1) Tara	11:15a-12:00p Zumba (TACONI) Lydia
11:15a-12:00p Active Adults II (TACONI) Albey	12:15p-12:45p LM Body Pump (GFR 1) Ai		12:15p-12:45p LM Body Pump (GFR 1) Ai	12:15p-1:15p Gentle Yoga (MPR) Lyn
12:15p-12:45p LM Grit (GFR 1) Libby	1:15p-2:00p Parkinson's Class (GFR 1) Lydia		1:15p-2:00p Parkinson's Class (GFR 1) Lydia	
1:00p-1:45p Chair Yoga (MPR) Lyn	4:15p-5:00p Kid Fit (Ages 3-7) (GFR 1) Staff	4:30p-5:00p LM Core (GFR 1) Tracie	4:15p-5:00p Kid Fit (Ages 3-7) (GFR 1) Staff	SATURDAY
5:15p-5:45p LM Core (GFR 1) Cicely	5:15p-6:00p LM Body Pump (GFR 1) Brandy	5:15p-6:00p LM Grit (GFR 1) Tracie	5:15p-6:00p LM Body Pump (GFR 1) Brandy	8:15a-8:45a Les Mills Core (GFR 1) Rotating Instructors
5:15p-6:00p LM Body Combat (GFR 2) Mandy	5:15p-6:00p LM RPM Cycling (CS) Cicely		5:15p-5:45p LM RPM Cycling (CS) Kelly W.	9:00a-9:45a Cycling (CS) Rotating Instructors
	5:30p-6:15p Functional Strength (FR) Jessica	5:30p-6:30p Latin Dance (GFR 2) Ana	5:30p-6:15p Functional Strength (FR) Christina	9:00a-10:00a Yoga (MPR) Rotating Instructors
6:00p-6:30p LM RPM Cycling (CS) Cicely	6:00p-6:30p LM Core (GFR 1) Brandy		6:05p-6:35p LM Core (GFR 1) Kelly W.	9:00a-9:45a LM Body Pump (GFR 1) Rotating Instructors
6:15p-7:15p Yoga (MPR) Renee S.	6:15p-6:45p LM Grit (GFR 2) Tracie	6:15p-7:15p Yoga (MPR) Umaira		10:15a-11:15a Zumba (Lydia) or MIXED FIT (Kristina)
		6:15p-7:15p Modern Step (GFR 1) Amy S.		(GFR 1) (check Saturday rotation schedule)
	6:30p-7:20p RevO2lution Running Jessica			10:15a-11:00a LM Body Combat (GFR 2) Rotating Instructors

Key
 (GFR 1) = Group Fitness Room 1
 (GFR 2) = Group Fitness Room 2
 (FR) = Functional Room (upstairs)
 (MPR) = Multi-Purpose Room (upstairs off track)
 (CS) = Cycling Studio
 (TACONI) = Taconi Gym

IMPORTANT UPDATES
 This schedule provides a quick view of all classes. For up-to-date class sub information, please visit our website. www.mgcymca.org

Reminders:
 -Please do not enter any class 10 minutes after start time.
 -Please allow time for class transitions.
 -Please bring your own mat and water to class!
 -Please ask instructors for exercise options and modifications!

Box indicates a class change



Special Event!
 Saturday
 September 28th
 8:30a—9:30a
 See Flyer for Details!
 LESMILLS
BODYCOMBAT
100

GROUP EXERCISE CLASS DESCRIPTIONS (updated June 28, 2024)

SPECIALTY FORMATS

Active Adult Fitness: A slow-paced cardio and strength conditioning class that also incorporates balance by incorporating standing and seated exercises while working to music from the 50's to today. Dumbbells, balls and bands may be used to offer a variety of exercises.

Barre & Beyond: Low-impact, ballet-inspired workout combining graceful movements with high-rep body weight exercises.

Kid Fit (Ages 3-7): Structured play using the Les Mills Virtual class, Born to Move. Drop-off at Child Watch first; 2 Child Watch staff will be present; max capacity is 26 kids in class.

Latin Dance: Latin-inspired dance such as Salsa, Merengue, and Samba, as well as modern hits.

Line Dancing: Beginner-level choreographed pattern of steps to various types of music.

Parkinson's Class: Combination of seated & standing stretching and strengthening exercises specific for improving mobility, stability, strength, endurance, cognition, and flexibility.

RevoLution Running: Treadmill intervals of running, jogging and recovery.

Zumba Party: 90 minutes of exercise in disguise on a Friday night! A mix of low and high-intensity dance using Latin and today's hits

MixedFit® is a people-inspired dance fitness program that combines explosive dancing with bodyweight toning.

MIND/BODY CLASSES

Chair Yoga: A gentle practice in which postures and stretches are performed while seated and/or with the aid of a chair.

Gentle Yoga: A slow and steady pace practice with low-impact movements. Modifications available.

Les Mills Body Balance Yoga: Yoga-based class, with elements of Tai Chi and Pilates.

Pilates: Posture, balance, and flexibility movements created to improve core strength.

Stretching Class: Low-intensity stretches to increase range of motion and flexibility. Located on the floor. Bring mat & stretching straps.

Tai Chi Easy™: Tai Chi Easy™ is a mind-body integration practice with low impact exercises that places minimal stress on muscles and joints, making it safe for all ages and fitness levels.

Yoga: Creating a connection between the mind and body through mindfulness, breathing techniques, strengthening and stretching. We will create "flow" by linking movement with breath and we finish each class with restorative postures. All classes can be modified to fit your fitness level. Please bring a mat and water.

Core Yoga: A fusion of yoga and Pilates movements to build a stronger core and improve flexibility that will enhance core stabilization, balance and overall fitness.

Power Yoga: A fast-paced cardiovascular workout mixture of high-impact yoga postures with Pilates movements aimed to increase your heart rate, strengthen your muscles and build endurance, as well as improve your flexibility and balance.

CARDIO, STRENGTH, & FUNCTIONAL TRAINING CLASSES

Core: Low-impact exercises focused on improving posture, balance, and strengthening pelvis, lower back, hips and abdominals.

Cycling: Journey through flat roads and hills with this low-impact, high-intensity cardio class.

Flex & Ride: Be a Wheel Warrior! Integrates 20 minutes of high intensity cycling and 20 minutes of strength training using body weight and resistance bands. Followed by 5 minutes of stretching. All fitness levels welcome. Please bring a mat.

Functional Strength: Fitness for all levels. A combination of strength training, cardio, and mobility. Exercises to strengthen for everyday life demands.

Les Mills Body Attack: High-energy, athletic workout focused on cardio, muscle endurance, and agility.

Les Mills Body Combat: Martial arts inspired cardio to strengthen your body while improving endurance.

Les Mills Body Pump: Science-backed barbell workout using light to moderate weights and high reps to build and strengthen as you get fit.

Les Mills Combat/Pump: A hybrid class combining 40 minutes of Body Combat with 20 minutes of Body Pump.

Les Mills Core: Scientifically designed exercises to build strength, stability and endurance in the muscles that support your core, including abs, glutes, and back.

Les Mills Grit High-intensity interval training sometimes combined with weight exercises.

Les Mills RPM Cycling: Group indoor cycling using stationary bikes.

Les Mills Tone: Integrates aerobic exercise (for heart fitness), resistance training (for strength and stability) as well as stretching and mobility work.

LIT (Low-Impact Training): An upbeat, moderately paced class that incorporates cardio, strength and core. LIT uses a variety of equipment such as balls, bands and dumbbells to get the heart pumping and strengthen your major muscle groups.

Modern Step: A 45-minute cardio class using an adjustable step platform and modern day choreography to energetic music. Class will begin with a dynamic warm-up, followed by a routine that targets several muscle groups, followed by a cool down. Options are available for beginners as well as advanced steppers. All levels welcome!