



# GROUP FITNESS SCHEDULE

## SPRING: FEBRUARY 27 - April 23, 2017

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING</b> 6:00 AM - 6:55 AM TOM- STUDIO 2	<b>LES MILLS GRIT</b> 5:25 AM - 5:55 AM DARLENE - STUDIO 2	<b>LES MILLS BODY PUMP</b> 5:45 AM- 6:40 AM DARLENE - STUDIO 2	<b>LES MILLS GRIT</b> 5:25 AM - 5:55 AM DARLENE - STUDIO 2	<b>CYCLING</b> 6:00 AM - 6:55 AM HEATHER S - STUDIO 2	<b>CYCLING*</b> 7:30 AM - 8:25 AM TOM - STUDIO 2	<b>PILATES</b> 7:30 AM - 8:25 AM ANGELA - STUDIO 1
<b>INTERVAL BLAST</b> 7:00 AM - 7:55 AM LAUREN - STUDIO 2	<b>PILATES MAT</b> 7:00 AM - 7:55 AM LAUREN - STUDIO 1	<b>INTERVAL BLAST</b> 7:00 AM - 7:55 AM LAUREN - STUDIO 2	<b>WILLPOWER IGNITE</b> 6:00 AM - 6:55 AM HEIDI - STUDIO 1	<b>PILATES MAT</b> 7:00 AM - 7:55 AM LAUREN - STUDIO 1	<b>STEP &amp; ABS*</b> 8:30 AM - 9:25 AM MAUREEN - STUDIO 2	<b>CYCLING*</b> 8:15 AM - 9:10 AM STACEY - STUDIO 2
<b>YOGA</b> 8:15 AM - 9:25 AM MORGAN - STUDIO 1	<b>YOGA</b> 8:15 AM - 9:10 AM REMEDIOS - STUDIO 1	<b>GENTLE RESTORATIVE YOGA</b> 8:00 AM - 8:55 AM HEATHER N. - STUDIO 1	<b>PILATES MAT</b> 7:00 AM - 7:55 AM HEIDI - STUDIO 1	<b>TGIF YOGA*</b> 8:15 AM - 9:10 AM MARY JO - STUDIO 1	<b>LES MILLS CXWORX*</b> 8:30 AM - 9:00 AM ALISON/MARILYN/JODI STUDIO 1	<b>BOOT CAMP</b> 9:25 AM - 10:20 AM LORI - STUDIO 2
<b>THE MINUTE BLAST*</b> 8:30 AM - 9:25 AM JENNY - STUDIO 2	<b>LES MILLS BODY PUMP</b> 8:15 AM - 9:10 AM HEATHER S - STUDIO 2	<b>CYCLE HIIT</b> 8:00 AM - 8:35 AM EILEEN - STUDIO 2	<b>YOGA</b> 8:15 AM - 9:10 AM REMEDIOS - STUDIO 1	<b>HIIT*</b> 8:30 AM - 9:25 AM JENNY - STUDIO 2	<b>PILATES FUSION*</b> 9:15 AM - 10:25 AM JODI - STUDIO 1	<b>PILATES PLUS*</b> 9:30 AM - 10:25 AM LAUREN - STUDIO 1
<b>PILATES PLUS</b> 9:30 AM - 10:25 AM HEATHER S - STUDIO 1	<b>CORE 'N MORE*</b> 9:30 AM - 10:25 AM ALISON - STUDIO 1	<b>LES MILLS CXWORX*</b> 8:45 AM - 9:15 AM ALISON - STUDIO 2	<b>LES MILLS BODY PUMP*</b> 8:25 AM - 9:20 AM JUDY - STUDIO 2	<b>PILATES PLUS</b> 9:30 AM - 10:25 AM HEATHER S - STUDIO 1	<b>LES MILLS BODY PUMP*</b> 9:30 AM - 10:25 AM LORI/MARILYN STUDIO 2	<b>LES MILLS BODY PUMP*</b> 10:30 AM - 11:25 AM LORI - STUDIO 2
<b>BUTTS 'N GUTS PLUS*</b> 9:30 AM - 10:25 AM JENNY - STUDIO 2	<b>CYCLING</b> 9:30 AM - 10:25 AM HEATHER S - STUDIO 2	<b>HIIT</b> 9:25 AM - 10:20 AM JUDY - STUDIO 2	<b>YOGA</b> 9:30 AM - 10:25 AM CHERIE - STUDIO 1	<b>CYCLING*</b> 9:30 AM - 10:25 AM JUDY - STUDIO 2	<b>LES MILLS GRIT*</b> 10:30 AM - 11:00 AM LORI/MARILYN STUDIO 2	<b>GENTLE YOGA*</b> 10:30 AM - 11:25 AM VERA - STUDIO 1
<b>SENIOR STRENGTH STRETCH &amp; BALANCE</b> 10:00 AM - 10:45 AM KIM - GYMNASIUM	<b>BOOTY BARRE*</b> 10:30 AM - 11:25 AM JODI - STUDIO 1	<b>YOGA 201</b> 9:30 AM - 10:25 AM CHERIE - STUDIO 1	<b>CYCLING</b> 9:30 AM - 10:25 AM MARILYN - STUDIO 2	<b>SAMBA BELLY FITNESS*</b> 10:30 AM - 11:25 AM ERYKA - STUDIO 1	<b>YOGA PREP*</b> 10:30 AM - 10:55 AM REMEDIOS - STUDIO 1	<b>BELLY DANCING*</b> 11:45 AM - 12:40 PM ERYKA - STUDIO 2
<b>YOGA 101*</b> 10:30 AM - 11:25 AM SONYA - STUDIO 1	<b>CHAIR YOGA</b> 11:30 AM - 12:25 PM HEATHER N - STUDIO 1	<b>KICKBOXING*</b> 10:30 AM - 11:25 AM AMY - STUDIO 2	<b>FLEX AND SCULPT</b> 10:30 AM - 11:25 AM LISSA - STUDIO 1	<b>LES MILLS BODY PUMP*</b> 10:30 AM - 11:25 AM HEATHER S - STUDIO 2	<b>YOGA*</b> 11:00 AM - 11:55 AM REMEDIOS - STUDIO 1	<p><b>Some friendly reminders:</b></p> <p>For your safety, please do not enter a class that is in progress.</p> <p>Sign-in sheets are located in the main level to reserve your space in a class. Teens ages 14-17 may participate in classes marked with a *.</p> <p>Classes, times and instructors may change at any time.</p> <p>Updated schedules can be found on our Website at <a href="http://www.cymca.org">www.cymca.org</a> or on our App at The Community YMCA.</p> <p>Classes are subject to cancellation if participation averages less than 10 per class.</p> <p>Please use lockers located in hallway to store belongings.</p>
<b>ZUMBA*</b> 10:35 AM - 11:30 AM CINDY - STUDIO 2	<b>ARTHRITIS FOUNDATION FITNESS</b> 12:30 PM - 1:25 PM SONYA - STUDIO 1	<b>BELLY DANCING*</b> 10:30 AM - 11:25 AM ERYKA - STUDIO 1	<b>DANCE MIX</b> 10:30 AM - 11:25 AM MARGOT - STUDIO 2	<b>SENIOR FITNESS</b> 11:00 AM - 11:45 AM ANGELA - GYMNASIUM	<b>ZUMBA*</b> 11:15 AM - 12:10 PM CHRISTINE/ERYKA STUDIO 2	
<b>SENIOR FITNESS</b> 11:00 AM - 11:45 AM KIM - GYMNASIUM	<b>LES MILLS BODY PUMP*</b> 5:00 PM - 5:55 PM TAMARA - STUDIO 2	<b>SENIOR FITNESS</b> 11:00 AM - 11:45 AM JACKIE- GYMNASIUM	<b>CHAIR YOGA</b> 11:30 AM - 12:25 PM HEATHER N - STUDIO 1	<b>SENIOR FITNESS PLUS</b> 12:00 PM - 12:45 PM ANGELA - STUDIO 2		
<b>ZUMBA GOLD</b> 12:00 PM - 12:45 PM CHRISTINE - STUDIO 2	<b>YOGA*</b> 5:45 PM - 6:40 PM DENISE - STUDIO 1	<b>Zumba*</b> 11:30 AM - 12:25 PM MEG - STUDIO 2	<b>ZUMBA*</b> 6:00 PM - 6:55 PM ALETA - STUDIO 2	<b>GENTLE YOGA</b> 12:00 PM - 12:55 PM CHERIE - STUDIO 1		
<b>Functional Fusion</b> 12:00PM-12:55 PM LISSA - STUDIO 1	<b>ZUMBA*</b> 6:00 PM-6:55 PM ALETA - STUDIO 2	<b>THERAPEUTIC FITNESS</b> 12:00 PM - 12:45 PM ALISON - STUDIO 1	<b>YOGA FLOW</b> 6:00-6:55 PM EMILY -STUDIO 1			
<b>ZUMBA TONING*</b> 5:00 PM - 5:55 PM CHRISTINE - STUDIO 2	<b>STEP &amp; PUMP*</b> 7:00 PM - 7:55 PM MAUREEN - STUDIO 2	<b>MEDITATION &amp; RELAXATION</b> 5:00-5:55 PM LISSA - STUDIO 1	<b>STEP AND PUMP*</b> 7:00 PM - 7:55 PM MAUREEN-STUDIO 2			
<b>CYCLING*</b> 6:00 PM - 6:55 PM Judy - STUDIO 2	<b>LES MILLS CXWORX*</b> 7:30 PM - 8:00 PM JODI/ALISON- STUDIO 1	<b>CORE CYCLE*</b> 5:45 PM - 6:40 PM JUDY - STUDIO 2				
<b>YOGA*</b> 6:30 PM - 7:25 PM REMEDIOS - STUDIO 1	<b>CYCLING*</b> 8:05 PM - 9:00 PM TOM - STUDIO 2	<b>YOGA*</b> 6:00 PM - 7:10 PM LISSA - STUDIO 1				
<b>LES MILLS GRIT*</b> 7:00 PM - 7:30 PM MARILYN - STUDIO 2		<b>PILATES FUSION*</b> 7:15 PM- 8:10 PM ANGELA - STUDIO 1				
<b>LES MILLS BODY PUMP*</b> 7:35 PM - 8:30 PM MARILYNSTUDIO 2						

## Cardio & Strength Fusion

**BOOT CAMP** – Blend strength and stamina training to get a great full body work-out. Class includes weights, calisthenics and agility training.

**BUTTS 'N GUTS PLUS** – Focus on working the lower half of the body and creating a strong core. Will help to tone and strengthen stubborn areas of the body!

**INTERVAL BLAST**– Wake up in the a.m. with interval blast. A mix of cardio, strength, and core work in an interval format that will get your day going.

**KICKBOXING** – A high energy cardio class that combines muscle conditioning with noncontact combinations of punches and kicks. This total body workout will aim to improve strength, aerobic fitness, speed, and coordination.

**POUND** – Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

**STEP & ABS** – Movement combinations using a step platform for a fun and challenging cardiovascular workout for all levels. Add some abs in at the end to get a great workout!

**STEP & PUMP** – A fun and challenging cardiovascular workout using a step platform, some resistance training using free weights and body bars to get a full body workout.

**THE MINUTE BLAST** – Intervals of cardio and strength training exercises done in 1 minute increments. Great way to burn calories and tone the entire body.

**WILLPOWER IGNITE** – This interval style class is built on a foundation of the Willpower method concepts and fueled with high-end anaerobic drills. The result is sculpted, flexible muscles, healthy joints and a cardiovascular system that is on fire.

## Indoor Cycling

**CORE CYCLE**– A traditional cycle class with a strong emphasis on the core. Ride for 45 minutes through a series of hills and jumps. Finish the class with 10 minutes of abdominal and core work on the mat.

**CYCLING** – Motivating instructors and energizing music will give you an outdoor ride experience in a class setting. Learn to achieve your target heart rate and improve cardio fitness.

**CYCLE HIIT**– High intensity interval training on an indoor bike. Get an hour's worth of work done in just 35 minutes. Short burst of high intensity will help you to burn more fat.

## Dance

**BELLY DANCING** – Shimmy your way to awesome abs! A great Middle Eastern work out that targets areas that could use a little improvement.

**DANCE REVOLUTION** – Have fun while getting a great cardio work-out through dancing to many popular dance styles and the latest songs.

**DANCE MIX** – A Latin style dance class with a twist. This class incorporates high energy moves from Zumba, African dance, and other genres from around the world.

**SAMBA BELLY FITNESS** – A dynamic fat burning cardio workout blast incorporating belly dance, Samba, Latin, Dance Hall, Afro-Caribbean, Hip-hop and Bollywood.

**ZUMBA** – A high energy Latin style dance class. Mambo, salsa and cha-cha your way to a great cardio workout.

**ZUMBA GOLD** – Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower, and safe intensity.

**ZUMBA TONING** – Traditional Zumba, with a twist. Lightweight maraca-like Toning Sticks and/or dumbbells enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

## Low Impact Fitness

**ARTHRITIS FOUNDATION FITNESS** – Led by a certified arthritis foundation instructor, class emphasis is on improving range of motion in joints, strength & balance.

**SENIOR FITNESS** – Low impact aerobics fused with light weight training and balance exercises. Open to all ages and abilities.

**SENIOR FITNESS PLUS**– This stimulating workout is perfect for the active senior that is looking to improve their workout at the next level. Major muscle groups and the core will be targeted. All exercises modified to meet your fitness level.

**SENIOR STRENGTH, STRETCH & BALANCE** – Weight bearing and balance exercises to combat osteoporosis, lengthen muscles and improve mobility. Open to all ages and abilities.

**THERAPEUTIC FITNESS** – Designed for those with movement disorders such as Parkinson's, MS and Arthritis. This class uses large random movements of arms and legs to help combat the symptoms of tremors, stiffness, falling and rigid arms and legs.

## Pilates & Core

**BOOTY BARRE** – A popular workout among the celebrities fusing dance, yoga, and Pilates. This strength and flexibility training will tone and chisel the whole body with light cardio!

**CORE 'N MORE** – Strengthen your core by incorporating moves from Pilates, yoga and the stability ball along with strength training.

**FLEX AND SCULPT** – Flex your muscles with weights and sculpt your thighs, butts & guts with other fun & effective equipment. An emphasis on safety & alignment as well as variations will ensure a fabulous workout for all levels!

**PILATES FUSION**– A Pilates based class that incorporates weighted balls and other equipment to increase strength, flexibility and balance.

**PILATES MAT**– Improve your posture while creating long lean muscles and strengthening your core muscles and back while increasing flexibility with classic Pilates movements.

**PILATES PLUS** – Add more core training to your Pilates routine with yoga, stability balls and strength training.

## Strictly Strength

**LES MILLS BODY PUMP** – A barbell class that strengthens your entire body, challenges all your major muscle groups by using the best weight room exercises to get great results!

**LES MILLS CXWORX** – The ultimate way to get a tight and toned core, improve functional strength as well as balance and mobility in 30 minutes with resistance bands.

**LES MILLS GRIT** – An intense 30 minute HIIT class consisting of three formats: cardio, plyometric, or strength. These programs are designed to train you like an athlete for tremendous results.

## Yoga

**CHAIR YOGA** – For those looking to do yoga but cannot lie on the floor. Improve your flexibility, strength, coordination and balance along with some relaxation. You have the option to move from the chair to the mat at any time.

**FUNCTIONAL FUSION** – a class designed to make life easier and more joyful and is perfect for everybody! This class incorporates guided relaxation, strength training with weights, stretching to open and increase mobility plus guided meditation. Come get fit and happy

**GENTLE RESTORATIVE YOGA** – Focus is on fewer postures but they are maintained for a longer period of time to relax and open your muscles and joints.

**GENTLE YOGA** – Yoga at a slower pace. Emphasis on form to help increase strength and flexibility, reduce stress and help heal the body. Beginner friendly.

**TGIF YOGA**– Relax and unwind after a stressful week with a series of dynamic postures. You will leave this class feeling refreshed.

**YOGA** – Combination of dynamic postures, which help to develop balance, coordination, flexibility and strength. Add some relaxation in and come away feeling refreshed.

**YOGA FLOW**–A gentle workout synchronizing breath with movement through a flowing series of basic sequences. Develop balance, build strength, increase flexibility, and reduce stress.

**YOGA PREP**– Gentle yoga poses and stretches to prepare for the yoga class that follows. It can be taken by itself or as a warm-up for the next class.

**YOGA 101** – The fundamentals of yoga focusing on proper alignment and positioning to build strength, open up and elongate the body while releasing tension both physically and mentally.

**YOGA 201** – For those who are more familiar with the poses and ready to work at a faster pace with more challenging moves.

Updated:  
1/20/2016