



MIND & BODY SCHEDULE (Segment 1: January 2 - February 17)

Studio E/F

BLUE = Beginner GREEN = Multi-Level RED = Intermediate/Advanced
 ORANGE = Active Older Adult PURPLE = Youth/Family
 E = Studio E F = Studio F

\$ Paid Registration Required at the Courtesy Desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00 AM							
7:00 - Fitness Yoga 50 min - E - Melissa P		7:00 - Fitness Yoga 50 min - E - Carrie					
8:00 AM							
8:00 - Ballet Barre 50 min - E - Alia	8:00 - Barre-lates Fusion - 50 min - E (Coming Soon)	8:00 - Pilates Matwork 50 min - E - Claudia	8:00 - Barre-lates Fusion - 50 min - E (Coming Soon)	8:00 - Ballet Barre 50 min - E - Alia	8:00 - Pilates/PiYo® Rotation 50 min - E - Cathy/ Heather		
9:00 AM							
9:00 - Fitness Yoga 50 min - E - Debbie	9:00 - Yoga 50 min - E - Samantha	9:00 - Yoga 60 Min - E - Michelle D. (NEW TIME)	9:00 - Yoga 50 min - E - Samantha	9:00 - Fitness Yoga 60 Min - E - Linda K.	9:00 - Yoga 60 Min - E - Michelle D.		
		9:00 - Level 1 Pilates Reformer 45 min - F - Irma \$ Paid by Segment			9:00 - Level 1 Pilates Reformer 45 min - F - Irma \$ Paid by Segment		
10:00 AM							
10:00 - Yoga 60 Min - E - Michelle D.	10:00 - Fitness Yoga 50 min - E - Laura	10:00 - Level 1 Pilates Reformer 45 min - F - Cathy \$ Paid by Segment	10:00 - Fitness Yoga 50 min - E - Laura	10:10 - Pilates Matwork 50 min - E - Cathy			
10:15 - Level 2 Pilates Reformer 45 min - F - Alia \$ Paid by Segment		10:15 - Preschool Dance Fusion 45 Min - E - Shannon W \$ Paid by Segment (NEW - Begins Jan 9)	10:00 - Level 2 Pilates Reformer 45 min - F - Alia \$ Paid by Segment				
11:00 AM							
11:10 - Yoga Xpress 30 min - E - Alicia	11:00 - Qigong 60 min E - Kathryn/Ruth	11:10 - Yoga Xpress 30 min - E - Alicia		11:10 - Yoga Xpress 30 min - E - Brittany			
1:00 PM							
	1:15 - Fitness Yoga 50 min - E - Linda K.		1:30 - Level 2 Pilates Reformer 45 min - F - Molly \$ Paid by Segment	MIND & BODY STUDIO ETIQUETTE: <ol style="list-style-type: none"> Line up in order of arrival. Be respectful, do not save space for others or use personal items (water bottles, bags, etc.) to save space in lines. When the instructor arrives and is ready to start class, they will ask participants to enter in order of arrival. Exit the studio when the class is over. Note: All participants must exit the studio even if they plan to attend the next class. If the studio door is closed -do not enter. No shoes on studio floor. Silence phones in studio. Please use lockers and/or shoe cubbies in studio for personal belongings. 			
4:00 PM							
4:00 - Heated Yoga 50 min - E - Linda K. (NEW)							
5:00 PM							
	5:00 - PiYo® 50 min - E - Heather		5:00 - PiYo® 50 min - E - Heather				
			5:30 - Level 1 Pilates Reformer 45 min - F - Cathy \$ Paid by Segment				
6:00 PM							
6:00 - Pilates Matwork 50 min - E - Claudia (NEW TIME)		6:00 - Pilates Matwork 50 min - E - Cathy (NEW)					
7:00 PM							
7:15 - Yoga 60 Min - E - Linda K.		7:15 - Yoga/Restorative Fusion 60 Min - E - Debbie (NEW)					

NOTES:

- Age requirement: 14 and up. 10 - 13 year olds are welcome to attend classes WITH PARENT/GUARDIAN.
- The YMCA reserves the right to cancel or change a class if minimum participation is not met.

INSTRUCTOR SUBSTITUTION POLICY:

When unable to attend class, instructors are required to find a substitute instructor that will teach a comparable class. Class cancellations will be avoided. Due to the volume and unpredictability of instructor substitutions the Wellness Department is unable to communicate these changes to our members.

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GROUP EXERCISE CLASS DESCRIPTIONS

Effective January 2

ACTIVE OLDER ADULT CLASSES: SilverSneaker® classes as well as other classes designed to meet the needs of our active older adult members.	
Chair Yoga	Class is designed to meet the needs of our active older adult members or beginners. Move your body through a series of seated and standing yoga poses designed to increase flexibility and balance.
SilverSneakers® Classic	Class is designed to meet the needs of our active older adult members or beginners. Have fun and move to the music through exercises designed to increase strength, range of motion and activities for daily living. Class can be done standing or using a chair for support.
SilverSneakers® Yoga	Class is designed to meet the needs of our active older adult members beginners. Move your body through a series of seated and standing yoga poses designed to increase flexibility and balance.
SilverSneakers® Cardio Circuit	Class is designed to meet the needs of our active older adult members or beginners. Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Class can be done standing or using a chair for support.
SilverSneakers® Stability	Class is designed to help participants become stronger and improve balance by using specific movements to increase strength and power around the ankle, knee and hip joints, as well improving reaction time. A chair may be used for balance.
Sit and Be Fit	Class is designed to meet the needs of our active older adult members or beginners. Have fun while increasing muscle strength and range of motion. Class can be done standing or using a chair for support.
Strengthen, Balance, & Heal	Class is designed to meet the needs of our active older adult members or beginners. Enjoy a class that is focused on keeping the body moving during strength and balance/stability training and energy work. Class can be done standing or using a chair for support.
Zumba® Gold	Zumba at a slower pace, great for beginners or active older adults.
Zumba® Gold-Toning	The Zumba party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles!
BEGINNER CLASSES (NEW OR RETURNING TO EXERCISE): Not sure where to begin? Try one of the following classes designed to teach you the very basics of each movement and get you ready for more.	
20/20/20	Ideal for those just getting into exercise, active older adults and anyone that want to improve their physical and mental health. 20/20/20 is a low-impact class that includes 20 minutes of cardiovascular work, strength and flexibility training.
Beginner Cycle	Beginner class is designed to teach you the very basics of each movement and features an easy ride including a warm-up, 30-35 minutes of cycling and a final stretch.
BOOM@	Ideal for those just getting into exercise, active older adults and anyone that want to improve their physical and mental health. BOOM improves strength, flexibility and endurance, includes cardiovascular work, strength training and Pilates and yoga.
Cycle Xpress	Class is designed to teach you the very basics of each movement. Great 30 minute cycle ride.
Pickleball	The game combines elements from badminton, tennis and table tennis and is easily learned. Members and the Community are invited to participate against one another in a friendly league of Pickleball competition.
R.I.P.P.E.D. for Beginners	A total body workout modified for beginners, utilizing resistance and cardio training which combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet Components.
Rock 'n Roll Aerobics	This low impact aerobics class will have you dancing to high energy tunes for a great cardio workout.
Rock Steady Boxing (Paid program through St. Mary Medical Center)	Led by St. Mary Medical Center, this class is for people with Parkinson's disease. Through a non-contact boxing based fitness curriculum participants will gain strength, coordination and confidence.
Strength Xpress	Total body strength training using weights, bands, stability balls gliders and/or matwork. 30 minute class, great for beginners!
Yoga Xpress	30 minute fitness yoga class to improve flexibility, balance and strength. Great for beginners!
MULTI-LEVEL: These classes are appropriate for all levels of participants and offer many modifications to either keep it simple or take it up a notch.	
Ballet Barre	This class infuses ballet and pilates with an emphasis on continuous, flowing movements, synchronized with corresponding breath patterns.
Barre-lates Fusion	This upbeat class fuses Pilates matwork, yoga and ballet-based exercises to create a workout that strengthens the core, legs, arms while improving balance and flexibility. Finish class by connecting the mind to the body with yoga-inspired stretching.
Circuit Training	This total body conditioning class will alternate between cardio and strength exercises to improve aerobic fitness and muscle strength.
Cycle/Boot Camp Fusion	Group cycling mixed with Boot Camp drills of cardio and strength training.
Cycle/Pilates Fusion	30 minutes of cycling followed by 30 minutes of Pilates Matwork.
Cycle/R.I.P.P.E.D. Fusion	30 minutes of cycling followed by 30 minutes of R.I.P.P.E.D. focusing on power, resistance, and core.
Cycle/Tabata Fusion	Group cycle class incorporating short, high intensity interval training using the Tabata method, classes are offered at multi-level and intermediate/advanced levels.
Cycle with Core	Group cycling with core and abdominal work.
Cycle with Strength	Group cycling with some strength and conditioning.
Dance Fitness	A dance fitness class featuring pop, latin, rock and hip hop music.
Deep Water Running*	Non-impact form of running in place in the water wearing a flotation belt.
Drumming	Rhythmic Aerobic drumming on the stability ball with intervals of cardio exercises.

MULTI-LEVEL, Continued...	
Fitness Barre	The barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with high reps of small range-of-motion movements
Fitness Yoga	Fitness yoga to improve flexibility, balance and strength, classes offered at all levels of ability.
Group Cycle	Indoor cycling at varying pace and intensity, classes are offered at multi-level and intermediate/advanced levels.
Heated Yoga	Come stretch further in both body and mind in Heated Yoga. With room temperatures at approximately 80-85 degrees, experience another level of challenge and relaxation as you move from one pose to the next. Bring a water bottle.
Line Dancing	Exercise your body and mind by dancing to lively, upbeat music. Line dancing is a fun way to dance socially without a dance partner. A variety of dancing styles will be covered in classes including urban, country western and more!
Pilates Matwork	Core strengthening exercises with a focus on flexibility and posture.
Pilates Reformer Group Class - Level 1 (paid class)	Learn the fundamentals of resistance training using the Pilates reformer.
Pilates Reformer Group Class - Level 2 (paid class)	Build upon the classical Pilates exercises to work toward more challenging movements. Previous Pilates Reformer experience required.
PIYo®	PIYo combines the muscle-sculpting benefits of Pilates with many advantages of yoga. A faster tempo means a true fat-burning, low-impact workout that leaves your body feeling long, lean, and strong.
Pound®	Use light weight drumsticks and pound to the beat for an energizing, cardiovascular workout. Class is easily modifiable for all workout levels.
Pound® with Strength	Pound class using light weight drumsticks and pounding to the beat for an energizing, cardiovascular workout. Class will also offer some strength and conditioning.
Qigong	Qigong teaches ways to breathe healthier, relax your body, and tap into the power of your mind.
R.I.P.P.E.D.	A total body workout, utilizing resistance and cardio training which combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet Components.
Rumble	Cardio mixed martial arts adapted for the group exercise environment.
Sculpt & Stretch	Class uses light free weights with high repetitions to help tone and strengthen major muscles. A stretching section will lengthen muscles and increase flexibility.
Small Group Personal Training (paid class)	Personal Training in a small group setting. Each 45 minute session will use multiple modalities (TRX®, Kettlebell, Kinesis, battle ropes and more!) and meets either once or twice per week in the Personal Training studio.
Step & Sculpt	Cardio on the Step including muscle sculpting with weights and/or matwork.
Strength Training	Total body strength training using weights, bands, stability balls gliders and/or matwork.
Strong by Zumba®	A challenging, high intensity interval training workout set to music. Using your own body weight, you will gain muscular endurance, tone, and definition.
TBC and TBC Xpress	Total body conditioning is an interval-style class designed to improve cardiovascular fitness, muscle strength, and flexibility. Classes are offered at multi-level and advanced levels.
Triple Power	Get ready to Punch, kick, and lift! Using weighted gloves we will combine all the elements of boxing with core, stability and strength.
TRX® Group Classes (paid class)	TRX® suspension training uses body weight exercise to develop strength, balance, flexibility and core stability simultaneously.
Uplifting Women* (registration required)	Empowering women 14+ to learn how to conquer the free weight area. Learn proper form, technique and programming of traditional barbell lifting routines. This is a 45 minute, small group class in a supportive atmosphere, led by a certified personal trainer.
Women's Strength	Strength training for women using a variety of props such as dumbbells, bands, mats, stability balls and Steps.
WERQ®	A dance fitness class based on pop, rock and hip hop music.
Yoga	Classes offered at every level to improve flexibility, balance and strength; may include hands on adjustments. Some levels will work toward more challenging poses, Sun Salutations, complex breath work and the yoga philosophy.
Yoga/Restorative Fusion	A fitness yoga class ending with relaxing restorative poses.
Zumba®	A high energy cardio class using a variety of dance styles and international music. Zumba classes are offered at multi-level, intermediate/advanced.
Zumba® Toning	Your favorite Zumba class with the added benefit of an upper body workout using light weights.
INTERMEDIATE/ADVANCED (READY FOR A CHALLENGE): The following classes are for anyone ready for more of a challenge so you can improve your physical activity level. The movements are more complex, the energy level much higher and experience is highly recommended.	
Boot Camp	Intervals of cardio and strength training using drills and stations.
Cycle with Strength	Group cycling with some strength and conditioning.
Super Cycle*	Challenge yourself in this 75 minute cycle class and enjoy 15 minutes of flexibility and stretching. Great for endurance.
YOUTH/FAMILY: The following classes encourage youth to get active while having fun.	
Free Weights for Youth* (registration required)	Youth ages 13 - 16 will work with a certified instructor to learn the basics of strength training using the equipment in the free weight room.
Kids Fitness*	Kids ages 4-10 will have fun while getting fit. A fusion of fitness games and drills, Zumba, drumming, stretching and more set to energizing music.
Preschool Dance Fusion*	Preschoolers will learn Ballet and Jazz in a fun and imaginative way. Ballet shoes recommended.
Wellness Center 101 for Youth* (registration required)	Youth ages 10-13 will work with a certified instructor to learn the basics of fitness and exercise using the equipment in the Wellness Center. Youth in this progressive class will become proficient in use of Wellness Center equipment, rules and gym etiquette.
*NOTE: Some classes listed above are seasonal and do not run all year long. Please check the current group exercise schedule for class days and times.	
The YMCA reserves the right to cancel or change a class if minimum participation is not met.	