

# SEPTEMBER 2024 | GROUP EXERCISE SCHEDULE



<b>MON</b>	5:10 AM	Cardio Strength	Ginger	Studio
	6:00 AM	Circuit Training	Josh	Gym
	8:00 AM	Water Athletics	Alisha	Pool
	9:00 AM	Cardio Strength	Ashley	Studio
	9:30 AM	Chair Yoga	Gail	Community Room
	5:30 PM	Group Power	Dina	Studio
	6:35 PM	Zumba	Raven	Studio
<b>TUE</b>	9:15 AM	Foundation Training	Liz	Studio
	9:30 AM	Water Athletics	Betsy	Pool
	5:30 PM	Group Active	Emily	Studio
	6:35 PM	Zumba	Dawn	Studio
<b>WED</b>	5:10 AM	Cycle	Ginger	Studio
	8:00 AM	Barre	Gail/Ashley	Studio
	8:15 AM	Water Fitness	Raven	Pool
	9:00 AM	Yoga	Gail	Studio
	10:00 AM	Chair Yoga	Gail	Community Room
	5:30 PM	Group Power	Dina	Studio
	6:00 PM	Aqua Zumba	Raven	Pool
<b>THUR</b>	8:15 AM	Water Athletics	Raven	Pool
	9:15 AM	Foundation Training	Gail/Ashley	Studio
	9:30 AM	Water Athletics	Betsy	Pool
	5:30 PM	Power Yoga	Dina	Studio
	6:45 PM	Zumba	Amber	Studio
<b>FRI</b>	5:10 AM	HIIT/Cardio Strength	Hayley/Holly	Studio
	8:00 AM	Water Athletics	Alisha/Raven	Pool
	8:00 AM	Yoga	Gail	Studio
	9:00 AM	Cycle/Pilates Combo	Gail	Studio
<b>SAT</b>	8:00 AM	Yoga	Shanda	Studio
	9:00 AM	Aqua Zumba	Raven	Pool
	9:00 AM	Group Power	Steve/Dina	Studio

## ADDITIONAL INFORMATION:

Bring a mat to class, we do not supply yoga/stretch mats.

At the YMCA, we pride ourselves on building a stronger community in our group exercise program. Our class composition consist of:

45-60 minutes of recommended instruction time based off class style, social support and group interaction. Our certified instructors take an intentional approach to build lasting relationships that enhance the overall group family experience at the YMCA. We welcome ALL to join our class community!

PLEASE NOTE: Appropriate clothing and footwear are required for all classes

For more information, please contact:

Morgan Houser, Membership Director at [morganh@ymcacv.org](mailto:morganh@ymcacv.org)

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## CLASS DESCRIPTIONS >>

Aqua Zumba - our invigorating, low-impact aquatic exercise classes. Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba classes blend it all into a workout that's cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

Barre- An energizing non-impact class that is designed to strengthen, tone and balance the entire body utilizing the ballet barre, light weights, bands and small balls. Barre class includes toning and muscle endurance exercises with an emphasis on the core, arms, glutes and thighs. BIA 123

Cardio Strength - A combination of strength training and cardiovascular segments to boost fat burning potential. Cardio drills contain minimal choreography. IA 23

Chair Yoga- Yoga builds a strong body, mind and spirit. This standard yoga class, taught at a level appropriate for Seniors, incorporates yoga postures, breathing exercises and a mind focus to improve balance and increase strength and flexibility. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity B 1

Circuit Training- This class combines the elements of strength, power, balance, accuracy and endurance. These functional style workouts focus on compound exercises such as squatting, push-ups, and deadlifts that mimic our everyday movement patterns. For this reason, Circuit Training incorporates free weights and bodyweight exercises, helping our bodies move efficiently as one unit. IA 23

Cycle - This class setting is appropriate for all levels and all ages because YOU control YOUR intensity. Instructors will lead you on a cycling journey, you control how intense your workout is. IA 23 (16+ years)

Foundation Training- This strength training class uses varied equipment but does not require you to get down and up off the ground. Taught at a level appropriate for Seniors, this challenging class will focus on elements important to those over 55 such as bone density loss, muscle strengthening and balance improvement. B 1

Group Active - all the training you need- cardio, strength, balance and flexibility in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movement.

Group Power - his format is a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Strength Train Together combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! BIA 123

HIIT- High intensity interval training, or HIIT training is an exciting workout that offers an aerobic, anaerobic, muscular endurance and fat burning exercises that will push you to your limits. The HIIT cardio routine alternates between intense bursts of multiple cardiovascular challenging activities with brief transitions. 1A 23

Power Yoga- This power yoga exercise involves a flowing, intense style, which is different from the meditative stretching usually associated with traditional yoga. Power yoga is ideal for those who seek a faster pace and more intense strengthening component. Ideal for experienced yoga students.

Water Athletics- The best of both worlds! Enjoy a combination of deep/shallow water cardiovascular exercise ending with gentle strengthening and flexibility exercises. Leave invigorated and relaxed!

Yoga - Standard yoga class, for all levels, grounded in the classical yoga tradition. Emphasizes alignment for strength and flexibility; breath for relaxation and healing; and meditation for building compassion and self awareness. BIA 123

Zumba® - Is danced based cardio that fuses Latin rhythms and easy to follow moves. Zumba combines high energy and motivation with unique moves and combinations. Class includes the Merengue, salsa, reggaeton, hip-hop and more international dances from around the world. BI 12

### CHOREOGRAPHY LEVEL

B=basic, easy to follow

I=more complex movement

A= advanced, difficult

### INTENSITY LEVEL

1=comfortable

2=challenged

3=uncomfortably challenged