



Phifer Family YMCA Group Exercise Schedule

PERIOD/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00A - 7:30A			HITT with Leah L.			
8:15A – 9:00A		PILATES with Emily E.		PILATES with Janna K.		
9:00A - 9:45A	FIT & STRONG with Pat H.		FIT & STRONG with Emily E.		POP PILATES with Janna K.	
9:00A - 10:00A	*WATER FITNESS* with Pat R.	*WATER FITNESS* with Melaine G.	*WATER FITNESS* with Pat R.	*WATER FITNESS* with Melaine G.		
10:00A – 11:00A	*ARTHRITIS WATER FITNESS* with Pat R.		*ARTHRITIS WATER FITNESS* with Pat R.			
10:00A – 10:45A	FIT & STRONG with Pat H.	*AQUA STAND UP* with PAT H.	FIT & STRONG with Emily E.		FIT & STRONG with Emily E.	
11:00A - 12:00P	YOGA (Mixed Levels) with Karin N.	YOGA (Mixed Levels) with Karin N.	YOGA (Mixed Levels) with Karin N.	YOGA (Mixed Levels) with Karin N.	YOGA (Mixed Levels) with Karin N.	WELLNESS EQUIPMENT ORIENTATION
12:15P - 12:45P	ATHLETIC STRETCH with Emily E.	ATHLETIC CONDITIONING Emily E.	ATHLETIC CONDITIONING Leila C.	ATHLETIC CONDITIONING Emily E.		
1:00P – 2:00P			WELLNESS EQUIPMENT ORIENTATION			
5:30P - 6:15P		*AQUA STAND UP* with PAT H.				
5:30P - 6:15P	POP PILATES with Emily E.	HITT with Leah L.	YOGA (Mixed Levels) with Pat H.	ATHLETIC CONDITIONING with Leah L.		
6:30P - 7:30P		YOGA (Mixed Levels) with Pat H.		YOGA (Mixed Levels) with Pat H.		

Class Descriptions

AQUA STAND UP: Training program inspired by the stand-up paddle boarding mixed with different fitness techniques like HIIT, Pilates, Yoga, and muscular conditioning with the instability of the board placed on the water. This is a very effective workout choreographed to music sequences that will mobilize your whole body while really engaging core and the back.

ATHLETIC STRETCH: This class leads through dynamic movement and deep stretch designed to lengthen muscles, increase flexibility, and release physical tension. This class will compliment any athletic practice and help relax the body and mind.

ATHLETIC CONDITIONING: A total body workout combining elements of explosive cardio, strength, speed, balance, agility, core conditioning, and fun!! Classes vary each week using different count combinations, equipment, and techniques. Different ability levels work within goal ranges according to each timed segment. Tiered options and modifications provided!

ARTHRITIS WATER FITNESS: The focus is to help improve mobility and pain by strengthening muscles and improving joint flexibility and range of motion. Arthritis water exercises are performed in water depth that is comfortable and allows you to maintain balance while exercising.

FIT & STRONG: Move through exercises designed to increase muscular strength, range of motion and activities for daily living. Weights, tubing and an exercise ball are offered for resistance.

HIIT: High Intensity Interval Training is an exciting workout that offers aerobic, anaerobic, muscular endurance, and fat burning exercises that will push you to your limits. The HIIT routine alternates between intense bursts of activity and periods of low to moderate exercise.

PILATES: This energetic class enhances the fundamental understanding of core strength and stabilization as it applies to movement. The exercises selected are based on the principals of Classical Pilates mat work. Everyone is welcome, as different levels will be shown throughout the class. Be prepared to work abdominals, lower back, inner/outer thighs, glutes, hips, and pelvic floor. A total body no impact workout.

POP PILATES: POP Pilates® is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. In a POP Pilates® class, you'll experience a mix of modern, upbeat, and classical Pilates exercises all set to a heart-pumping playlist. Each song track has a different focus, including Total Body Opener, Hundreds, Crazy Cardio, Ab Challenge, Back Work, Thigh Burnout, Flexibility, and so much more! We mean it when we say no muscle is left untouched. Designed as an equipment-free class with a range of movement modifications, POP Pilates® is for everybody.

WATER FITNESS: Easy to follow, low impact water aerobics, combined with a range of motion movements for fun water workout in the shallow end of the pool. The instructor utilizes a variety of pool equipment in low impact resistance, strength, and range of motion exercises.

YOGA (MIXED LEVELS): This yoga class is great for beginners and seniors. It is a gentle 45-minute class focusing on flexibility, balance, strength and yoga breathing.

PLEASE BRING WATER TO ALL CLASSES!!!

Questions/Suggestions? Contact Kirk Williams (828.679.2500 / kirkw@ymcacv.org)