

## MONDAY

6:00 AM – 6:30 AM	HIIT	Leah L.
9:00 AM – 9:45 AM	Fit & Strong	Beth P.
10:00 AM – 10:45 AM	Fit & Strong	Beth P.
11:00 AM – 12:00 PM	Yoga (Mixed Levels)	Karin N.
6:30 PM – 7:30 PM	Cardio Dance	Cara S.

## TUESDAY

8:15 AM – 9:00 AM	Pilates	Janna K.
9:15 AM - 10:00 AM	Balance & Strength	Beth P.
10:00 AM – 10:45 AM	Cardio Strength	Beth P.
11:00 AM – 12:00 PM	Yoga (Mixed Levels)	Karin N.
4:30 PM – 5:00 PM	Cycle Express *	Alex T.
5:30 PM – 6:15 PM	HIIT	Leah L.

## WEDNESDAY

6:00 AM – 6:30 AM	HIIT	Leah L.
9:00 AM – 9:45 AM	Fit & Strong	Pat H.
10:00 AM – 10:45 AM	Fit & Strong	Pat H.
11:00 AM – 12:00 PM	Yoga (Mixed Levels)	Karin N.
12:15 PM – 12:45 PM	Cycle Express *	Alex T.
5:30 PM - 6:15 PM	Step	Beth P.

## THURSDAY

8:15 AM – 9:00 AM	Pilates	Janna K.
11:00 AM – 12:00 PM	Yoga (Mixed Levels)	Karin N.
4:30 PM - 5:00 PM	Cycle Express *	Maggie W
5:30 PM – 6:15 PM	Athletic Conditioning	Leah L.

## FRIDAY

6:00 AM – 6:45 AM	Cycle Strength *	Alex T.
10:00 AM – 10:45 AM	Fit & Strong *	Pat H.
11:00 AM – 12:00 PM	Yoga (Mixed Levels)	Karin N.

## SATURDAY

8:15 AM – 9:00 AM	Pop Pilates	Janna K.
9:15 AM - 10:00 AM	Yoga	Pat H.
10:15 AM - 11:00 AM	Cardio Dance	Cara S.

## AQUATICS SCHEDULE

MON/WED	9:00 AM – 10:00 AM	Water Fitness	Pat R.
	10:00 AM – 11:00 AM	Arthritis Water Fitness	Pat R.
TUES/THURS	5:30 PM - 6:30 PM	Aqua Zumba®	Maggie W

Classes in **YELLOW** are new or have changed.

**Fitness  
Center Hours:**  
Monday – Friday  
5:30 am – 8:00 pm

Saturdays  
8:00 am – 2:00 pm

**Aquatics  
Center Hours:**  
Monday – Friday  
6:00 am – 1:30 pm  
4:00 pm – 7:30 pm

Saturdays  
8:00 am – 1:30 pm

**Childwatch  
Hours:**  
Mon/Wed/Fri  
8:00 am – 1:00 pm

Mon – Thursday  
4:00 pm – 7:00 pm

Classes and instructors are subject to change.  
Please use our YMCA 360 app to note any class cancellations or instructor changes.

\* Reservation required - reservations open 24 hours in advance of class time on our YMCA360 app or at [www.ymca360.org](http://www.ymca360.org)

Download the  
YMCA 360 app:



Google



Apple

## PHIFER FAMILY YMCA GROUP EXERCISE SCHEDULE

**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.

**AQUA ZUMBA®:** Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Benefits. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**BALANCE & STRENGTH:** Want to become stronger and more stable? This class focuses on exercises that improve muscle strength, balance, and stability through bodyweight exercises, strength training, and balance challenges using various tools such as steps and bosu balls. It is ideal for those looking to maintain functional independence and reduce the risk of falls.

**CARDIO DANCE:** A total body workout through dance! With the hottest music as its soundtrack, and a perfect blend of dance moves, this energetic class will tone your upper and lower body and strengthen your core. Get muscle definition while improving your balance and posture, and cardio dance workout moves - all while having a blast!

**CARDIO STRENGTH:** This class is a combination of strength training, basic low impact cardiovascular segments, balance, and flexibility. Specifically designed for those who prefer a great workout without the added impact to joints. Cardio portion may include Aerobics, Dance, Step, or a combination! This is a low impact class for beginners; no previous experience required.

**CYCLE:** Indoor cycling is a non-impact, highly effective way to build cardiovascular strength and endurance. Indoor cycling is designed for all fitness levels! These classes offer a challenging opportunity to get your heart pumping, burn serious calories and will improve your over-all cardiovascular health. (Cycle Express is a 30 minute class.)

**CYCLE STRENGTH:** A great combination of cardiovascular training with the indoor cycle plus a variety of strength training movements to train your body in all different directions with strength training exercises! Expect to work with dumbbells, bands, gliders and your own body weight! *Bring shoes to transition if you have cycle shoes that clip in!*

**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.

**STEP:** This class utilizes a portable platform with height adjustable risers. Participants will use exercise steps and risers to do choreographed exercise routines up, onto, down, and around the step for cardio fitness, as well as exceptional training to shape the lower body. If you want strong legs, glutes, and a functionally fit core – step this way!

**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 class is great for beginners and seniors. It is a gentle 45-minute class focusing on flexibility, balance, strength and yoga breathing.







