



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**WARREN COUNTY YMCA
GROUP FITNESS CLASS SCHEDULE
FALL SESSION
MORNING & EVENING CLASSES
September 14 - December 23, 2020**



<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
5:00 - 9:00 AM	Pickleball	Y-Walk	Y-Walk 1/2 Gym Pickle Ball 1/2 Gym	Y-Walk	Pickleball
5:30 - 6:15 AM		Group Cycle		Group Cycle	
7:00 - 7:45 AM	Morning Stretch		Yoga		Morning Stretch
8:00 - 8:45 AM	Y-Pump		Zumba Step®		Y-Pump
9:00 - 9:45 AM		Low Aerobic		Low Aerobic	
9:00 - 10:00 AM		Beachbody PiYo® (Mezzanine)		Beachbody PiYo® (Mezzanine)	
9:00 - 10:15 AM		Rock Steady Boxing		Rock Steady Boxing	
10:00 - 10:45 AM	Silversneakers Classic®		Silversneakers Classic®		Silversneakers Classic
10:15 - 11:00 AM		Senior Boxing		Senior Boxing	
5:00 - 5:30 PM	Strong Nation		Y-Pump		
5:00 - 5:45 PM		Pound®		Pound®	
5:45 - 6:30 PM	Yoga				
6:00 - 6:45 PM			Group Cycle		



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GROUP FITNESS CLASS DESCRIPTIONS:

BEACHBODY PiYo®: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You will use body weight to perform a series of continuous, targeted moves to define every single muscle - big and small. This intense, yet low-impact workout will burn calories while you sweat, stretch, and strengthen - all in one empowering PiYo® workout. **Instructor - Staci**

GROUP CYCLE: Group cycling classes combine energizing music with a unique fitness workout for powerful results. You get all of the benefits of aerobic activity, including a great calorie burn and stronger heart and lungs, in a fun and supportive group setting. **Instructor - Mike AM & PM**

LOW IMPACT AEROBICS: Start your day with a light cardio workout. All moves can be modified to suit your specific fitness needs and goals. **Instructor - Nancy**

ROCK STEADY BOXING (Parkinson's Class): By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life. **Instructor - Jim**

POUND®: This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Using Ripstix®, lightly weighted drumsticks for exercising. POUND® transforms drumming into an incredibly effective way of working out. **Instructor - Kim**

SENIOR BOXING: Boxing is for any body and any age. In this class you will move through stances, jabs, punches and blocks. Boxing stance strengthens your core, back, and leg muscles while the punches strengthen your shoulders and arms. The aerobic part of boxing does double the work by helping to keep you mentally and physically fit. **This class is designed for participants over the age of 55. Instructor - Jim**

SILVERSNEAKERS CLASSIC®: Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. **Instructor - Carey**

MORNING STRETCH: A great way to start your day. This class is designed to do a full body stretch to get your body loose and ready to move. **Instructor - Carey**

STRONG NATION®: Strong combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits! **Instructor - Michelle**

YOGA: Renew your mind and body through simple, basic, and gentle movements. Hatha Yoga done in a vinyasa style is perfect for anyone looking to improve flexibility. Great for all fitness levels. **Instructor - Heather**

Y-PUMP: Add this workout to your day! This class will build muscle, endurance and challenge your cardiovascular system, along with strength training for total body conditioning. **Instructor - Staci AM, Danielle PM**

Y-WALK: Enjoy walking indoors while socializing with friends! \$30 per session for program participants.

ZUMBA® STEP: Combines the toning and strengthening of step aerobics with the cardio conditioning of Zumba. **Instructor - Staci**