



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



**WARREN COUNTY YMCA
GROUP FITNESS
2025 WINTER SESSION
January 6 - March 22**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6:00 - 6:45 AM			Y Pump			
7:00-7:45 AM	Morning Stretch		Yoga/Pilates		Morning Stretch	
8:00-8:30 AM			H.I.I.T.			Beachbody PiYo®
8:00-8:45 AM	Y Pump Senior Boxing (AP Room)	Barre Above®		Zumba®	Y Pump Senior Boxing (AP Room)	
9:00 - 10:00 AM		Rock Steady Boxing®		Rock Steady Boxing®		
10:00 -10:30 AM	Chair Based Fitness		Chair Based Fitness		Chair Based Fitness	
12:15 -12:45 PM	Weights & More		Barre & More			
5:00 - 5:30 PM	Yoga/Pilates	Strong Nation®		Y Pump		
5:00 - 5:45 PM			Cardio Boxing			
5:45 - 6:30 PM	Zumba®	Y Pump		Pound®		



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GROUP FITNESS CLASS DESCRIPTIONS:

BARRE ABOVE®/BARRE & MORE : A workout that fuses Yoga, Pilates, Strength Training, and Ballet. This pattern of exercise helps to improve strength, balance, flexibility and posture. **Instructor - Carey & Colleen**

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**

CHAIR BASED FITNESS: 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**

CARDIO BOXING: *Join us for boxing skills and drills as we work through basic offense, defense, and footwork techniques that will provide your body and mind a great workout. Cardio boxing is a complete workout that trains your balance, accuracy, focus, and physical and mental endurance as well as your physical strength to land a blow and block attacks. This class will feature alternating rounds of cardio, agility, core, punching bag, and partner work.* **Instructor - John**

H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING): This type of training involves repeated bouts of high intensity effort followed by varied recovery times. **Instructor - John**

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**

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**

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, Roger**

SENIOR BOXING: In this class designed for ages over 55, you will move through stances, jabs, punches and blocks. The aerobic part of boxing does double the work by helping to keep you mentally and physically fit.

Instructor - Jim, Roger

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**

WEIGHTS & MORE: Spice your lunch hour up with a routine that includes weight lifting for a full body workout.

Instructor - Colleen

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, John, Morgan**

YOGA/PILATES: The best of 2 classes! This class will give you a great yoga stretch combined with the core strength moves of Pilates **Instructor - Staci**

ZUMBA®: Add a little sizzle to your week by combining high energy and motivating Latin music with unique moves and combinations. **Instructor - Staci & Michelle**