



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

All of our Water Aerobics, Active Older Adult and Group Exercise Classes are free with a Y membership. No need to sign-up.

# WINTER 1 GROUP EXERCISE SCHEDULE

## JANUARY 8–FEBRUARY 18

No classes December 25–January 7

### MONDAY

Time	Class	Room
------	-------	------

#### AM Classes

5:30–6:15	Interval Training	PR 1
5:30–6:30	Zumba®	PR 2
5:30–6:30	Cycling	PR 3
9:00–10:00	SilverSneakers® Yoga	MPR
9:15–10:15	Body Sculpt	PR 1
9:15–10:00	Zumba®Gold	PR 2
9:15–10:15	Cycling	PR 3
10:15–11:15	Zumba®	PR 2
10:30–11:30	Enhance®Fitness	GYM 2
10:30–11:30	Fit After 40	PR 1
11:45–12:15	Barre Blast	PR 1

#### PM Classes

4:30–5:15	Step & Sculpt	PR 2
5:30–6:30	PiYo®	PR 2
5:30–6:30	Body Sculpt	PR 1
5:30–6:30	Cycling	PR 3
6:45–7:45	Mat Fusion	PR 1
6:45–7:45	Zumba®	PR 2

### TUESDAY

Time	Class	Room
------	-------	------

#### AM Classes

5:30–6:30	Yoga	PR 1
5:30–6:15	PiYo®	PR 2
5:30–6:30	Cycling	PR 3
9:00–10:00	SilverSneakers® Classic	MPR
9:00–10:00	Boot Camp	GYM 1
9:15–10:00	Piloxing®	PR 1
9:15–10:15	Step & Sculpt	PR 2
9:15–10:15	Cycling	PR 3
10:15–11:00	Stay Strong	PR 1
10:30–11:15	Intro to Group Fitness	PR 2
10:30–11:30	TRX	PR 4
11:45–12:15	Total Body Solutions	PR 2

#### PM Classes

4:30–5:15	Corebar®	PR 1
4:30–5:15	Zumba®	PR 2
5:30–6:30	Beginning Body Sculpt	PR 1
5:30–6:30	Mat Fusion	PR 2

6:45–7:30	Stay Strong	PR 1
6:45–7:45	Strong by Zumba	PR 2

### WEDNESDAY

Time	Class	Room
------	-------	------

#### AM Classes

5:30–6:30	H.A.B.I.T.	PR 2
5:30–6:30	Cycling	PR 3
9:00–10:00	SilverSneakers® Yoga	MPR
9:15–10:15	Body Sculpt	PR 1
9:15–10:00	Zumba®Gold	PR 2
9:15–10:15	Cycling	PR 3
9:15–10:15	PiYo®	GYM 2
10:15–11:15	Zumba®	PR 2
10:30–11:30	Enhance®Fitness	GYM 2
10:30–11:30	Mat Fusion	PR 1

#### PM Classes

4:30–5:15	PiYo®	PR 1
4:30–5:15	Step & Sculpt	PR 2
5:30–6:30	Piloxing®	PR 2
5:30–6:30	Cycling	PR 3
6:45–7:45	Zumba®	PR 2

### THURSDAY

Time	Class	Room
------	-------	------

#### AM Classes

5:30–6:15	Piyo®	PR 1
5:30–6:30	STRONG by Zumba™	PR 2
9:00–10:00	SilverSneakers® Classic	MPR
9:15–10:15	Step & Sculpt	PR 2
9:00–10:00	Boot Camp	GYM 1
10:00–10:30	H.I.I.T. 30	PR 4
10:30–11:30	TRX	PR 4
10:30–11:30	Fit After 40	PR 1
10:30–11:15	Cardio Dance Off	PR 2
11:45–12:15	Total Body Solution	PR 2

#### PM Classes

4:30–5:15	Zumba®	PR 2
5:15–6:00	Intro to Group Fitness	PR 1
5:30–6:30	PiYo®	PR 2
5:30–6:15	Cycling	PR 3
6:30–7:30	TRX®	PR 4

### FRIDAY

Time	Class	Room
------	-------	------

#### AM Classes

5:30–6:30	Body Sculpt	PR 2
5:30–6:15	Cycling	PR 3
5:30–6:30	TRX	PR 4
5:30–6:15	Interval Training	GYM 1
8:00–8:45	Cycling	PR 3
9:00–10:00	SilverSneakers® Yoga	MPR
9:15–10:15	Advanced Body Sculpt	Gym 1
9:15–10:00	Zumba®Gold	PR 2
9:15–10:15	Cycling	PR 3
10:30–11:30	H.A.B.I.T.	Gym 1
10:30–11:30	Enhance®Fitness	PR 2
10:30–11:30	Mat Fusion	PR 1

#### PM Classes

5:30–6:30	Zumba®	PR 2
-----------	--------	------

### SATURDAY

Time	Class	Room
------	-------	------

#### AM Classes

8:00–9:00	Cycling	PR 3
9:15–10:15	Cardio and Strength	PR 1
9:15–10:15	Zumba®	PR 2
9:15–10:30	Endurance Cycling	PR 3

### Room Capacity

Classes are first come, first serve

PR 1	Program Room 1	15
PR 2	Program Room 2	27
PR 3	Program Room 3	15
PR 4	Program Room 4	10
MPR	Multi-Purpose Rm. 1	23
GYM	Gym	24

### NORTH WEBSTER CLASSES

Monday	9:00–10:00 a.m.	Zumba®
	6:15–7:00 p.m.	Body Sculpt
Tuesday	9:00–10:00 a.m.	Body Sculpt
Wednesday	9:00–10:00 a.m.	Zumba®
Thursday	9:00–10:00 a.m.	Body Sculpt
	6:00–7:00 p.m.	Body Sculpt

# CLASS DESCRIPTIONS

## ALL FITNESS LEVELS

**Barre Blast** – Experience a 30 minute body toning routine combining dance inspired barre work and light weights with fat burning motion to sculpt lean muscle and strengthen your core.

**Body Sculpt** – Using a range of light to medium weights and other exercise equipment, you'll increase your heart rate for an effective fat burning workout that uses muscular endurance to promote definition. Abdominal work included.

**Cardio & Strength** A great way to try out classes offered during the week on a rotational schedule. Check our Mobile App or visit the Welcome Desk for a class schedule.

**Cardio Kickboxing** – Get a fun, action-packed workout that combines martial arts, boxing and dance moves. It will be a challenging cardiovascular and full body workout as you kick, punch, block and move in each Cardio Kickboxing Class

**Corebar®** – You'll work your total body with a focus on activating and developing the core using a unique, weighted bar. Develop cardio, strength, conditioning, mobility, balance and agility.

**Cycling** – Enjoy our Matrix Coach by Color Bikes® and get an aerobic workout that's easy on your joints. Our indoor cycling classes simulate outdoor riding with sprinting, hill climbing, and other techniques. Endurance class adds another 15 minutes to your ride.

**Enhance®Fitness** gets you moving. We'll meet you where you are and help you gain strength, flexibility, and balance. Geared towards older adults, and those with chronic conditions, such as arthritis. We have chairs for support and soft ankle and wrist weights when you are ready.

**Fit After 40** – Try this class if you're looking for a full body workout including light resistance training and low-impact cardio in a circuit training format, but need it modified for troublesome joints.

**H.A.B.I.T.-** Hips, Abs, Buttocks, Incredible Thighs get all the attention. Cardio not included.

**Interval Training** – Start the day with a powerful and effective interval workout switching between cardio, weights and of course, you can't forget the abs!

**Mat Fusion** – Work toward greater flexibility with stretching techniques and beginning yoga and pilates moves.

**Piloxing®**– You'll get a cardio fusion of standing pilates, boxing and dance in this high-energy barefoot interval workout.

**SilverSneakers® Yoga** – Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Stay Strong**– Class for LIVESTRONG® at the YMCA class graduates only.

**Step & Sculpt** – Get your heart rate up using step aerobics and use a variety of exercises to tone and sculpt upper, lower body and ab muscles.

**Total Body Solution** – In just thirty minutes you can build incredible core and body strength, engage supporting muscle groups, stabilize joints, create explosive power and improve overall physical performance. Meant for busy people who need a short workout.

**Yoga** – Work your way through a body of techniques to connect mind and body with slower movements to provide power and relaxation with deep breathing.

**Zumba®** – Dance your way to a fitter you with exciting and unique Latin moves and rhythms. A Latin/hip-hop dance fitness class that's great for all age levels!

## BEGINNER FITNESS LEVEL

**Beginner Body Sculpt**– Using a range of light to medium weights and other exercise equipment, you'll increase your heart rate for an effective fat burning workout that uses muscular endurance to promote definition. Abdominal work included.

**Cardio Dance Off** –Join us for a fun, upbeat, and easy to follow cardio dance class! In this class you will get that heart rate pumping while learning fun dance moves in an easy to follow and laid-back format.

**Intro to Group Fitness**– For those new to exercise, you'll learn strength and cardio exercises while getting a total body workout. Proper form for each move will be demonstrated. A great way to build strength, endurance and balance in a fun and relaxed setting.

**SilverSneakers® Classic** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for support.

**Zumba® Gold** – If you are an active older adult, a true beginner, not used to exercising or limited physically, Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and it's just as fun as the regular Zumba classes. Zumba Gold classes strive to improve balance, strength, flexibility and the heart.

## ADVANCED FITNESS LEVEL

**Advanced Body Sculpt** – You will build and sculpt muscles, strengthen your core and improve your cardio endurance while burning fat and calories in this high intensity class.

**Boot Camp** – Get a full body workout including strength, cardio, and abs. Body weight and various equipment will be used.

**H.I.I.T. 30** Get a 30 minute High Intensity Interval Training workout alternating between sweat dripping cardio and strength. Final ten minutes finish on the upstairs track and stretching area.

**PiYo®** – Experience this unique blend of Pilates and Yoga. Get your heart pumping with a variety of cardiovascular and body weight exercises while focusing on and strengthening your core, testing your balance and increasing your range of motion.

**STRONG by Zumba™** – Enjoy the music of Zumba? This is a higher intensity body weight interval style strength training class, interchanged with lower intensity moves throughout the workout.

**TRX®** – Leverage gravity and your body weight to perform hundreds of different exercises on the TRX Suspension Trainer.