NORTH WEBSTER YMCA

GROUP EXERCISE SCHEDULE

NOVEMBER 1ST – NOVEMBER 30TH

MONDAY

TIME	CLASS	LOCATION
8:45 AM - 9:30 AM	Stretch and Flex	NW YMCA Program Room
9:00 AM - 10:00 AM	Yoga	Culver Family Wellness Center
9:30 AM - 10:30 AM	Dance Fit	NW YMCA Program Room
10:15 AM - 11:00 AM	Blissful Yoga	Culver Family Wellness Center

TUESDAY

TIME	CLASS	LOCATION
9:00 AM - 10:00 AM	Group Power	Culver Family Wellness Center
10:15 AM - 11:15 AM	Enhance Fitness	Culver Family Wellness Center
4:30 PM - 5:15 PM	Group Power	Culver Family Wellness Center
6:30 PM - 7:30 PM	Cardio Drumming	Culver Family Wellness Center

WEDNESDAY

TIME	CLASS	LOCATION
9:00 AM - 10:00 AM	Yoga	Culver Family Wellness Center
9:30 AM - 10:30 AM	Dance Fit	NW YMCA Program Room
10:15 AM - 11:00 AM	Blissful Yoga	Culver Family Wellness Center

THURSDAY

TIME	CLASS	LOCATION
9:00 AM - 10:00 AM	Group Power/Body Sculpt	Culver Family Wellness Center
10:15 AM - 11:15 AM	Enhance Fitness	Culver Family Wellness Center
4:30 PM - 5:15 PM	Group Power	Culver Family Wellness Center
6:30 PM - 7:30 PM	Cardio Drumming	Culver Family Wellness Center

FRIDAY

TIME	CLASS	LOCATION
8:45 AM - 9:30 AM	Stretch and Flex	NW YMCA Program Room
9:00 AM - 10:00 AM	Yoga	Culver Family Wellness Center
9:30 AM - 10:30 AM	Dance Fit	NW YMCA Program Room
10:15 AM - 11:00 AM	Blissful Yoga	Culver Family Wellness Center

SATURDAY

TIME	CLASS	LOCATION
8:30 AM - 9:30 AM	Cardio Drumming	Culver Family Wellness Center

CLASS DESCRIPTIONS

ALL FITNESS LEVELS

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.

BLISSFUL YOGA | Whether you prefer a chair or a mat, this gentle practice focuses on breathing, stretching, and relation. This class is a wonderful option if you want a softer alternative to our 9 AM session. No registration needing-just come as you are!

CARDIO DRUMMING | Come join us for a cardio-infused drumming class using stability balls and real drumsticks, complete with a core focus and total body experience. No experience or rhythm is required! This is a cardio workout for all fitness levels. Come and burn calories, release stress and tension, and most importantly have FUN!

DANCE FIT | Spend an hour moving and grooving to the music with us ! It's the best way to have fun while working your cardiovascular system and training your muscles and brain all at the same time. The hour goes by so fast as you let go of your inhibitions and experience your happy endorphins! There's room for you, we'd love to have you join us MWF In the North Webster Y location.

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.

GROUP POWER | A high-energy, full-body strength training workout that combines traditional weightlifting exercises like squats, lunges, presses, and curls with functional movements, utilizing an adjustable barbell, weight plates, and bodyweight to build muscle strength and power, all set to motivating music with a focus on proper form and high repetition training, allowing participants to adjust the weight to suit their fitness level; essentially, it's a dynamic group strength training class designed to make you "muscle strong and movement strong.

STRETCH AND FLEX | Join us on MWF for 45 minutes of core challenge and stretching to become a more flexible you ! Adding yoga poses, prana breath and relaxation.

YOGA | Designed for all ages and levels this yoga class is for anyone needing calmness, relief of chronic stress, relaxation of the mind, and a sharpened concentration. The instructor takes great care to ensure each student's safety and works with all abilities to incorporate each individual's health and wellness goals.