



NORTH WEBSTER YMCA

# NORTH WEBSTER YMCA GROUP EXERCISE SCHEDULE MARCH 1ST - MARCH 31ST

## 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
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

## 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 needed—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** | 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!

**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** | Try this 30-minute total body stretch to warm up your muscles, gain flexibility, challenge balance, and strengthen your core. (All Levels)

**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.