



NORTH WEBSTER YMCA

NORTH WEBSTER YMCA GROUP EXERCISE SCHEDULE JUNE 1ST - AUGUST 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.