PARKVIEW WARSAW YMCA

GROUP EXERCISE SCHEDULE

NOVEMBER 1ST – NOVEMBER 30TH

PARKVIEW WARSAW YMCA

MONDAY

AM CLASSES		
5:30-6:15	HIIT 45	PR 2
5:30-6:30	Cycling	PR 3
6:30-7:15	Group Power	PR 2
9:00-10:00	Body Sculpt	PR 2
9:15-10:00	Zumba Combo	PR 1
9:15-10:15	Cycling	PR 3
9:30-10:30	Boot Camp	GYM 1
10:30-11:30	Enhance Fitness	PR 2
10:30-11:15	Fit After 40	PR 1
11:45-12:15	Cardio Drumming	PR 2
PM CLASSES		
12:15-1:15	Silver Sneakers Yoga	PR 1
4:30-5:15	Core Blast	PR 2
5:30-6:30	Zumba	PR 2
5:30-6:30	Cycling	PR 3
6:00-7:00	Mixed Level Yoga	PR 1
6:45-7:30	Group Power	PR 2

TUESDAY

AM CLASSES		
5:30-6:30	Body Sculpt	PR 2
9:15 - 10:15	Step & Sculpt	PR 2
9:15 - 10:15	Mixed Level Yoga	PR 1
10:30 - 11:30	Group Power	PR 2
10:30-11:30	Stay Strong	PR 1
11:45-12:15	Total Body Solutions	PR 2
PM CLASSES		
4:30-5:15	Piloxing	PR 2
5:30-6:15	Body Sculpt	PR 1
5:30-6:30	TRX	PR 4
5:30-6:30	Soul Fusion	PR 2
6:45-7:45	Zumba	PR 2

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 | 8
MPR | MULTI-PURPOSE ROOM 1 | 23
GYM | 24

WEDNESDAY

AM CLASSES		
5:30-6:30	Cycling	PR 3
6:30-7:15	Group Power	PR 2
8:00-8:30	Dance Express	PR 2
9:00-10:00	Piloxing	PR 2
9:30-10:30	Cycle/Core	PR 3
10:15-11:15	Mat Fusion	PR 1
10:30-11:30	Enhance Fitness	PR 2
11:45-12:15	Cardio Drumming	PR 2
PM CLASSES		
12:15-1:15	Silver Sneakers Yoga	PR 1
4:30-5:15	Barre Blast	PR 2
5:30-6:30	Zumba	PR 2
6:30-7:30	Soul Strength	PR 1

THURSDAY

AM CLASSES		
5:30-6:30	TRX	PR 4
9:00 - 10:00	Silver Sneakers Classic	PR 3
9:15-10:00	Boot Camp	GYM 1
9:15-10:15	Step & Sculpt	PR 2
9:15-10:15	Mixed Level Yoga	PR 1
9:30-10:30	TRX Fusion	PR 4
10:30-11:15	Fit After 40	PR 2
11:45-12:15	Total Body Solution	PR 2
PM CLASSES		
4:30-5:30	Core Blast	PR 2
5:30-6:30	Yoga	PR 1
5:30-6:30	TRX	PR 4
5:30-6:30	Soul Fusion	PR 2
6:45-7:45	Barre Fusion	PR 2

FRIDAY

AM CLASSES		
5:30-6:30	Cycling	PR 3
9:00-10:00	Piloxing	PR 2
9:15-10:00	Pilates + Strength	PR 1
9:15-10:15	Cycling	PR 3
10:15-11:15	Mat Fusion	PR 1
10:30-11:30	Enhance Fitness	PR 2
PM CLASSES		
5:30-6:15	Dance Fit	PR 2

SATURDAY

AM CLASSES		
8:15-9:15	Zumba	PR 2
9:30-10:30	Cardio & Strength	PR 2

CLASS DESCRIPTIONS

ALL FITNESS LEVELS

BARRE BLAST | A toning class that uses weights for a full body resistance workout Inspired by Ballet and Pilates. Any Fitness Level

BARRE FUSION | Blend classic ballet barre exercises with Pilates and yoga-inspired movements to improve flexibility, balance, and full body strength in 45 minutes.

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 rotation. Check out our Mobile App for a schedule.

CARDIO DRUMMING | A low impact workout that people of all ages and fitness levels can do. Combining drumming and cardio exercise to the rhythm of music gives you a fast paced way to increase your heart rate, strengthen your upper body, reduce stress, improve motor skills and eye-hand coordination while burning calories. Come make friends while you exercise with this fun activity.

CORE BLAST | This 45 minute workout targets all of the powerful muscles in the core to give your body the power, strength, and sculpting it deserves. There will be standing and mat-based exercises in this format. All Fitness Levels.

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. Monday's 5:30 PM class has a 30 minute workout geared towards beginners and then a regular cycling class follows for the final 30 minutes.

CYCLE/CORE | Get your heartrate up during the first 45 minutes with a variety of hills, sprints, and challenges on the bike. Then spend the remaining time challenging your core with strengthening exercises for your abdominals and back.

Dance Express | A fun dance workout pairing the hottest music with simple routines blending hip-hop, jazz, and athletic styles. All fitness levels.

DANCE FIT | Combines the hottest Latin Rhythms and radio songs to give you a calorie incinerating dance party. All Fitness 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.

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.

GLUTECORE 30 | Ignite your glutes and sculpt your core in just 30 minutes with GluteCore 30! This fast-paced, focused workout combines bodyweight movements, resistance training, and targeted core work to help you tone, tighten, and strengthen your lower body and abs. Perfect for all fitness levels, this class will challenge your stability, boost muscle endurance, and leave you feeling stronger and more defined from the core down.

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

HIIT 45 | Get a 45-minute High Intensity Interval Training workout alternating between sweat dripping cardio and strength. Final 10 minutes will be devoted to core work. (All levels)

HIIT 30 / MOBILITY COMBO |A 30-minute high intensity, full body interval training workout synced with fantastic music matching the movements followed by a 15-minute mobility and flexibility session designed to help you move your body the way it is intended to move. All Fitness Levels.

MAT FUSION | Work toward greater flexibility with stretching techniques and beginning yoga and pilates moves.

MIXED LEVEL YOGA | Perfect for those new to yoga or the yogi that is ready for a little more challenge. Plenty of instruction will be given for a class that is balanced in strengthening and stretching. Participants must be comfortable down on their hands and knees in class and getting up and down from the floor.

PILATES + STRENGTH | Intentional movements often using small props including rings, resistance bands, balls, and light weights. This class is a low medium impact full body workout heavily emphasizing strengthening the core, lower back, hips, and glutes.

PILOXING® | You'll get a high energy, heart pumping interval workout combining powerful boxing and pilates moves as you move to the beat. Light weighted gloves are optional to add resistance. All Fitness Levels.

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.

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)

SOUL STRENGTH | Soul Strength is the total package! Experience a creative blend of rhythmic resistance, cardio conditioning, manageable mobility and core strength exercises all set to fun music. All Fitness Levels

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.

VINYASA YOGA FLOW | Connecting your breath with movement in this Yoga class will offer you strength, flexibility, and focus on the mind. Whether you are a beginner or seasoned Yogi, all levels are welcome.

YOGA | Each session blends mindful movement, flexibility, balance and strength to help you feel grounded and energized. The class includes a 15-minnute Power Yoga segment to boost stamina, build lean strength, and elevate your heart rate. Every class ends with a practical health tip to inspire healthy living beyond the mat. Come unwind, recharge and challenge your body and mind in a supportive, welcoming environment.

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!

ZUMBA COMBO CLASS | The best of both worlds. 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! The design of this combination class shows both high and low intensity options with Zumba choreography that focuses on balance, range of motion, and coordination.

BEGINNER FITNESS LEVEL

SILVER SNEAKERS® 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.

SILVER SNEAKERS® 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.

INTERMEDIATE FITNESS LEVEL

BOOT CAMP | A total body burn using a mix of body weight movements, free weights and cardio to strengthen and tone your body. Intermediate Fitness Level.

ADVANCED FITNESS LEVEL

SOUL FUSION | Soul Fusion, where muscles meet the mat. Experience a full body workout that is fun but also makes you work! See how these cardiovascular and body weight movements enhance your core, strength, balance, and also improve flexibility.

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

TRX FUSION | Combines suspension training with other fitness modalities like bodyweight exercises, free weights, and cardio, offering a dynamic and challenging workout for a full-body experience. These classes focus on building strength, flexibility, balance, and core stability while engaging multiple muscle groups.