



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 1 GROUP EXERCISE SCHEDULE

SEPTEMBER 6TH - OCTOBER 30TH

FREE A1C SCREENS | Through a generous grant from the Parkview Foundation, the Y is able to provide free A1C screenings to detect prediabetes. No fasting required. Open to the community, registration reserves you a time and a test. You can register online or at our Welcome Desk.

- **LOCATION** | PARKVIEW CENTER FOR HEALTHY LIVING
- **AM SCREENINGS** | 9.16 AND 10.14 FROM 11:45 AM-1:00 PM
- **PM SCREENINGS** | 9.13 and 10.11 from 5:45 PM-7:00 PM

MOVE IT MONDAY AND WORKOUT WEDNESDAY | AUGUST 29TH AND 31ST FROM 8:30 AM - 11:30 AM AND 4:30 PM - 7:30 PM | Need your Group Ex fix during our breaks between classes? Join us at the YMCA for a day and evening of Group Exercise and Cycling classes on Move It Monday and Workout Wednesday. Class programming will run like our Preview events. Everyone walks away with a bottle of water, protein bar, and a good workout.

MONDAY

TIME	CLASS	ROOM
AM CLASSES		
5:30-6:15	HIIT 45	PR 2
5:30-6:30	Cycling	PR 3
8:30-9:00	Strong 30	PR 2
9:15-10:15	Body Sculpt	PR 1
9:15-10:00	Zumba Gold	PR 2
9:15-10:15	Cycling	PR 3
10:30-11:30	Enhance Fitness	PR 2
10:30-11:15	Fit After 40	PR 1
PM CLASSES		
12:00-1:00	Silver Sneakers Yoga	PR 2
5:00-5:30	Total Body Solutions	PR 1
5:30-6:15	Dance Fit	PR 2
5:30-6:30	*Cycling	PR 3
6:30-7:30	Mixed Level Yoga	PR 2

TUESDAY

TIME	CLASS	ROOM
AM CLASSES		
5:30-6:30	Body Sculpt	PR 2
9:00-10:00	Silver Sneakers Classic	PR 3
9:15 - 10:15	Step & Sculpt	PR 2
9:15 - 10:15	Mixed Level Yoga	PR 1
10:30-11:15	Intro to Group Fitness	PR 2
11:45-12:15	Total Body Solutions	PR 2
PM CLASSES		
4:30-5:15	Piloxing	PR 2
5:30-6:15	Mat Fusion	PR 1
5:30-6:30	Soul Fusion	PR 2

WEDNESDAY

TIME	CLASS	ROOM
AM CLASSES		
5:30-6:15	HABIT	PR 2
5:30-6:30	Cycling	PR 3
9:00-10:00	Piloxing	PR 2

WEDNESDAY CONTINUED

9:00-9:45	Strong 45	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		
12:00-1:00	Silver Sneakers Yoga	PR 2
4:30-5:15	Barre Blast	PR 2
5:30-6:15	Dance Fit	PR 2
6:30-7:30	Mixed Level Yoga	PR 2

THURSDAY

TIME	CLASS	ROOM
AM CLASSES		
5:30-6:30	TRX	PR 4
9:00 - 10:00	Silver Sneakers Classic	PR 3
9:15-10:15	Step & Sculpt	PR 2
9:15-10:15	Mixed Level Yoga	PR 1
10:30-11:15	Fit After 40	PR 2
10:30-11:15	Dance Fit	PR 1
11:45-12:15	Total Body Solution	PR 2
PM CLASSES		
3:30-4:00	Pilates Sculpt Express	PR 2
5:30-6:30	Piloxing	PR 2

FRIDAY

TIME	CLASS	ROOM
AM CLASSES		
9:00-10:00	Piloxing	PR 2
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		
12:00-1:00	Silver Sneakers Yoga	PR 2

SATURDAY

TIME	CLASS	ROOM
AM CLASSES		
9:15-10:15	Cardio & Strength	PR 2

NORTH WEBSTER YMCA

TIME	CLASS
MONDAY	
9:00 AM-9:30 AM	Stretch and Flex
9:30 AM-10:30 AM	Zumba
TUESDAY	
9:00 AM-10:00 AM	Body Sculpt
WEDNESDAY	
9:00 AM-9:30 AM	Stretch and Flex
9:30 AM-10:30 AM	Zumba
THURSDAY	
9:00 AM-10:00 AM	Body Sculpt
FRIDAY	
9:00 AM-9:30 AM	Stretch and Flex
9:30 AM-10:30 AM	Zumba

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

CLASS DESCRIPTIONS

ALL FITNESS LEVELS

Barre Blast | Combine dance inspired barre work and light weights to sculpt lean muscle and strengthen your core 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.

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.

Dance Fit | The hottest radio songs and Latin rhythms combined to bring you a fast paced and fun, freestyle dance class and a calorie incinerating workout.

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.

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)

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 Sculpt Express | Come join us as we sculpt our bodies to fitness! This 30-minute mat-based, Pilates-inspired class will give your body a total body sculpt from head to toe utilizing the Pilates ball. You will feel the power of your Core as you challenge yourself within your fitness level! Be encouraged and let's Sculpt away!

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

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.

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)

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® Toning | The fun of a Zumba class but with extra emphasis on toning and sculpting with light weights to define those muscles while having a total blast.

BEGINNER FITNESS LEVEL
Beginner Body Sculpt | Same format as our Body Sculpt classes but low-impact moves are demonstrated throughout the class.

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.

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.

Zumba Gold | Active Older Adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion, and coordination.

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.

Strong 30/45® | This is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. Enjoy this boot camp style class that moves to the beat.