



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER 1 GROUP EXERCISE SCHEDULE

JANUARY 4TH – FEBRUARY 21ST | NO CLASSES 12.21–12.27 AND 12.29–1.2

**MOVE IT MONDAY | DECEMBER 28TH | FREE TO MEMBERS AND THE COMMUNITY** | Need your Group Ex fix during Winter Break? Join us at the YMCA for a day and evening of Group Exercise and Cycling classes. You have two chances to sweat with us! Class programming will run like our Session Preview. Everyone walks away with a bottle of water, protein bar, and a good workout.

**WELLNESS AT THE Y | JANUARY 3RD 1:00-4:00PM** | Bring a friend and try out a sampling of our Group Exercise classes and Wellness Programs. Our Winter preview of classes will feature 45 minute classes with a plank challenge at the end and prizes awarded throughout the day. Learn about our Chronic Disease Prevention programs, upcoming fitness challenges, small group training/personal training and our engagement and youth wellness coaching. A great way to sample what our Healthy Living Department has to offer.

## MONDAY

TIME	CLASS	ROOM
<b>AM CLASSES</b>		
5:30-6:30	Strong Nation®	PR 2
9:00-9:45	Body Sculpt	GYM 2
9:15-10:15	Cycling	PR 3
10:30-11:15	Zumba®	PR 2
10:30-11:30	Enhance Fitness	GYM 2
10:30-11:15	Fit After 40	PR 1
<b>PM CLASSES</b>		
12:00-1:00	Silver Sneakers Yoga	PR 2
5:30-6:15	PIYo®	PR 2
5:30-6:30	*Cycling	PR 3
5:30-6:15	Dance Fit	PR 1
6:30-7:00	Barre Blast	PR 1
6:45-7:30	Zumba®	PR 2

## TUESDAY

TIME	CLASS	ROOM
<b>AM CLASSES</b>		
5:30-6:30	Body Sculpt	PR 2
9:00-10:00	Silver Sneakers Classic	GYM 1
9:00 - 10:00	Mixed Level Yoga	PR 1
9:00-9:45	Step & Sculpt	PR 2
10:30-11:15	Intro to Group Fitness	PR 2
11:45-12:15	Total Body Solutions	PR 2
<b>PM CLASSES</b>		
4:30-5:15	Piloxing	PR 2
5:30-6:15	Mat Fusion	PR 2
5:45-6:30	Bootcamp	PR 1
6:45-7:30	Strong 45®	PR 2

## WEDNESDAY

TIME	CLASS	ROOM
<b>AM CLASSES</b>		
5:30-6:30	Cycling	PR 3
5:30-6:30	H.A.B.I.T.	PR 2
9:00-9:45	Strong 45	GYM 2
9:00-10:00	Piloxing	PR 2
9:15-10:15	Cycling	PR 3
10:30-11:30	Enhance Fitness	GYM 2
10:30-11:15	Mat Fusion	PR 2

## PM CLASSES

12:00-1:00	Silver Sneakers Yoga	PR 2
4:30-5:00	Barre Blast	PR 1
5:30-6:15	Dance Fit	PR 2
5:45-6:15	Sprint Cycle	PR 3
6:30-7:30	Mixed Level Yoga	PR 2

## THURSDAY

TIME	CLASS	ROOM
<b>AM CLASSES</b>		
9:00 - 10:00	Silver Sneakers Classic	MPR 1
9:00-10:00	Mixed Level Yoga	PR 1
9:00-9:45	Step & Sculpt	PR 2
10:30-11:15	Fit After 40	GYM 1
10:30-11:15	Zumba®	PR 2
11:45-12:15	Total Body Solution	PR 2
<b>PM CLASSES</b>		
5:30-6:15	PIYo®	PR 2
6:45-7:30	Zumba®	PR 2

## FRIDAY

TIME	CLASS	ROOM
<b>AM CLASSES</b>		
5:30-6:30	Cycling	PR 3
9:00-10:00	Piloxing	GYM 2
9:00-10:00	Zumba® Toning	PR 2
10:30-11:15	Mat Fusion	PR 2
10:30-11:30	Enhance Fitness	PR 1
11:45-12:15	H.A.B.I.T. 30	PR 1

## PM CLASSES

12:00-1:00	Silver Sneakers Yoga	PR 2
5:30-6:15	Strong 45®	PR 2

## SATURDAY

TIME	CLASS	ROOM
<b>AM CLASSES</b>		
8:00-8:45	Cardio & Strength	PR 2
9:15-10:15	Zumba®	PR 2

## NORTH WEBSTER YMCA

TIME	CLASS	ROOM
<b>TUESDAY</b>		
<b>AM CLASSES</b>		
9:00-10:00	Body Sculpt	
<b>PM CLASSES</b>		
6:15-7:00	Beginner Body Sculpt	

## NORTH WEBSTER YMCA

TIME	CLASS	ROOM
<b>THURSDAY</b>		
<b>AM CLASSES</b>		
9:00-10:00	Body Sculpt	

## CLASS DESCRIPTIONS

### ALL FITNESS LEVELS

**Cardio & Strength** | A great way to try out classes offered during the week on a rotation. Check out our Mobile App for a schedule.

**Barre Blast** | Combine dance inspired barre work and light weights to sculpt lean muscle and strengthen your core in 30 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.

ROOM CAPACITY | CLASSES ARE FIRST COME FIRST SERVE

PR 1 | PROGRAM ROOM 1 | 6  
PR 2 | PROGRAM ROOM 2 | 12  
PR 3 | PROGRAM ROOM 3 | 8  
PR 4 | PROGRAM ROOM 4 | 2  
MPR | MULTI-PURPOSE ROOM 1 | 15  
GYM | 20

### SOCIAL DISTANCING GUIDELINES

PLEASE STAY AT LEAST 6 FEET APART WHILE WORKING OUT. MASKS ARE NOT REQUIRED.

**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. A PIYO style format will be included in some of the workouts.

**H.A.B.I.T. 30** | Hips, Abs, Buttocks, Incredible Thighs get all the attention. Cardio not included. 30 minute class.

**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.

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

**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.

**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.

**SilverSneakers® 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.

**SilverSneakers® 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**

**SPRINT CYCLE** | A 30 minute high intensity interval cycling workout that will train you hard and push your cardiovascular fitness to new heights.

## **ADVANCED FITNESS LEVEL**

**Bootcamp** | A total body burn by using a mix of bodyweight movements, free weights, and cardio to strengthen and tone your body. All to the beat of popular tunes. Advanced Level Class.

**PiYo®** | Experience this unique blend of Pilates and Yoga. Get your heart pumping with a variety of cardiovascular and body weight exercises while focusing on and strengthening your core, testing your balance and increasing your range of motion.

**Strong 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.

**Strong Nation®** | This is the full hour version of Strong 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.