



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER 1 GROUP EXERCISE SCHEDULE

JUNE 6TH - JULY 17TH | THE YMCA WILL BE CLOSED JULY 4TH

COMMUNITY HEALTH SCREENING | AUGUST 13TH | 8:30 AM - 1:30 PM | OPEN TO THE COMMUNITY | At this free community event you can receive a free A1C screening to test for pre-diabetes (no fasting required) and Blood Pressure Check from our certified Heart- Healthy Ambassadors.

After each individual is tested YMCA staff will go over the results with individuals to help determine their best next steps. Those next steps include programs like the Diabetes Prevention Program, free Nutrition Seminars, Blood Pressure Self Monitoring Programs, and tips on how to properly take your blood pressure at home.

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

TUESDAY

TIME	CLASS	ROOM
AM CLASSES		
5:30-6:30	Body Sculpt	PR 2
9:00-10:00	Silver Sneakers Classic	PR 3
9:00-9:45	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		
5:30-6:30	Cycling	PR 3
9:00-10:00	Piloxing	PR 2
9:00-9:45	Strong 45	PR 1
10:30-11:30	Enhance Fitness	PR 2
10:15-11:00	Mat Fusion	PR 1
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
5:30-6:15	Strong 45	PR 1
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
9:00-9:45	Step & Sculpt	PR 2
9:15-10:15	Mixed Level Yoga	PR 1
10:30-11:15	Fit After 40	PR 2
11:45-12:15	Total Body Solution	PR 2
PM CLASSES		
5:30-6:30	Soul Fusion	PR 2
5:30-6:30	Piloxing	PR 1

FRIDAY

TIME	CLASS	ROOM
AM CLASSES		
9:00-10:00	Piloxing	PR 2
9:00-10:00	Zumba® Toning	PR 1
10:15-11:00	Mat Fusion	PR 1
10:30-11:30	Enhance Fitness	PR 2
PM CLASSES		
12:00-1:00	Silver Sneakers Yoga	PR 2
5:30-6:15	Strong 45®	PR 2

SATURDAY

TIME	CLASS	ROOM
AM CLASSES		
9:15-10:00	Cardio & Strength	PR 2

NORTH WEBSTER YMCA

TIME	CLASS	ROOM
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 that includes Zumba. Check out 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.

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.

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 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.