

# GROUP EXERCISE

Dates: August 2024

Branch: MacColl YMCA



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Total Body   Selena</b> 7:15 AM - 8 AM	<b>Trekking   Selena</b> 5:30 AM - 6:30 AM	<b>STT   Diane</b> 9 AM - 10 AM	<b>Endurance Circuit   Selena</b> 5:30 AM - 6:30 AM	<b>BodyPump   Corey</b> 9 AM - 10 AM	<b>Endurance Circuit   Stef B</b> 5:30 AM - 6:15 AM	<b>STT   Tammy</b> 7:15 AM - 8:15 AM
<b>Yoga   Gabrielle</b> 8:15 AM - 9:15 AM	<b>Total Body   Diane</b> 7:45 AM - 8:45 AM	<b>Spin   Selena</b> 9 AM - 9:45 AM	<b>Step Interval   Diane</b> 7:45 AM - 8:45 AM	<b>Spin   Selena</b> 9 AM - 9:45 AM	<b>Step Interval   Diane</b> 7:45 AM - 8:45 AM	<b>Spin   Stephanie</b> 7:15 AM - 8:15 AM
<b>Spin   Selena</b> 8:30 AM - 9:30 AM	<b>Yoga   Poyee</b> 9 AM - 10 AM	<b>Aqua Blast   Selena</b> 10 AM - 10:45 AM	<b>Yoga   Poyee</b> 9 AM - 10 AM	<b>Aqua Blast   Selena</b> 10 AM - 10:45 AM	<b>Total Body   Nicole</b> 9 AM - 10 AM	<b>WERQ   Corey</b> 8:30 AM - 9:30 AM
<b>Zumba   Nisey</b> 9:30 AM - 10:30 AM	<b>WERQ   Corey</b> 10:15 AM - 11:15 AM	<b>Cardio/Conditioning   Pat</b> 10:15 AM - 11:15 AM	<b>Aqua Tone   Ritchie</b> 10 AM - 10:45 AM	<b>Barre   Corey</b> 10:15 AM - 11:15 AM	<b>Aqua Blast   Selena/Kallie</b> 9:30 AM - 10:15 AM	<b>Spin &amp; Core   Leah</b> 8:45 AM - 9:30 AM
<b>STT   Nisey</b> 10:45 AM - 11:45 AM	<b>Aqua Tone   Pat</b> 11 AM - 11:45 AM	<b>AOA   Pat</b> 11:30 AM - 12:20 PM	<b>Zumba   Nancy</b> 10:15 AM - 11:15 AM	<b>AOA   Selena</b> 11:30 AM - 12:20 PM	<b>Mat &amp; Mobility   Kallie</b> 10:15 AM - 11:15 AM	<b>Yoga   Gabrielle</b> 9:40 AM - 10:40 AM
	<b>Senior Fit   Peter</b> 11:30 AM - 12:20 PM	<b>Barre   Kallie</b> 4:30 PM - 5:15 PM	<b>AOA   Nancy</b> 11:30 AM - 12:20 PM	<b>WERQ   Corey</b> 5:15 PM - 6:15 PM	<b>Chair Yoga &amp; Meditation   Gerri</b> 11:30 AM - 12:45 PM	<b>Zumba   Joanna</b> 10:45 AM - 11:45 AM
	<b>Bootcamp   Angel</b> 3 PM - 3:50 PM	<b>WERQ   Kat</b> 5:15 PM - 6:15 PM	<b>WERQ   Kat</b> 4:30 PM - 5:15 PM	<b>Spin   Wendy</b> 5:30 PM - 6:15 PM	<b>Barre   Ritchie</b> 4:30 PM - 5:30 PM	
	<b>Bootcamp   Angel</b> 4 PM - 4:50 PM	<b>Water Aerobics   Kim</b> 6:15 PM - 7 PM	<b>STT   Tammy</b> 5:15 PM - 6:15 PM	<b>Water Aerobics   Kim</b> 6:15 PM - 7 PM	<b>Zumba   Holly</b> 5:30 PM - 6:30 PM	
	<b>Body Pump   Corey</b> 5:15 PM - 6:15 PM	<b>HIIT   Selena</b> 6:15 PM - 7:15 PM	<b>HIIT   Pat</b> 6:30 PM - 7:30 PM	<b>Total Body   Ritchie</b> 6:15 PM - 7:15 PM		
	<b>WERQ   Kat</b> 6:30 PM - 7:30 PM			<b>Yoga   Maris</b> 7:15 PM - 8:15 PM		
	<b>Yoga   Ritchie</b> 7:30 PM - 8:30 PM					

**Locations & Color Key:**

- Studio A
- Program Room 3
- Pool
- Fitness Floor
- Functional Fitness Room

\*Classes with a colored background denote changes to the class.

# DESCRIPTIONS



## **Active Older Adults (AOA)**

A Low impact workout using weights, elastic tubing, and body-weight exercises

## **Aqua Blast**

Start your day with an energizing cardio, strength and conditioning workout in water. Aqua weights are used, in addition to wall and balance exercises. Classes are held in activity pool.

## **Aqua Tone**

Moderately paced class held in deeper water, focuses on toning and strengthening with aqua weights

## **Barre**

This dynamic workout integrates elements of Pilates, dance, cardio and strength training in a continuous flow to keep the heart rate elevated. Props such as hand weights or Toning Balls might be used to help challenge and increase those lean muscles!

## **Barre & Mobility**

Fusion class which incorporates elements of pilates, strength training as well as stretching to help increase your range of motion and flexibility.

## **BodyPump**

BodyPump is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit - fast.

## **Bootcamp**

Mid to high level intensity workout that includes intervals of cardio and strength training exercises.

## **Cardio Conditioning**

Get a total body workout designed to challenge you 20 minutes at a time with cardio, strength training and core.

## **Chair Yoga & Meditation**

This class takes you through a journey of seated stretches. You will learn how to use your breath through meditation and movement.

## **Endurance Circuit**

A great mix of Cardio and Strength workouts to boost the start of your day!

## **HIIT**

High-intensity cardio bursts are designed to tone your body, improve your endurance and clear your mind.

## **Mat & Mobility**

This hour class will focus on stretches to improve your strength and flexibility. As well as increase your range of motion.

## **Senior Fit**

Designed for an older adult, this class will help build strength and work on balance and mobility to keep you active and on your feet.

## **Spin**

Hop on the bike and take a ride! You'll be climbing hills and sweating through speed intervals to motivating music. Limit 14 people per class.

## **Spin & Core**

This 45 minute class will include 30 minutes of spinning and 15 minutes of core exercises. This fun and fast class will challenge you on and off the bike!

## **Step Interval**

One-hour Workout that improves cardiovascular fitness using a step platform, in addition to building total body strength with weights.

## **Strength Train Together**

Sculpt your muscles with a high-rep weight training workout. Using a barbell, weight plates, and body weight, this workout uses functional integrated exercises.

## **Total Body Conditioning**

You will get a full-body workout in this fast-paced freeform class. High repetition exercises and varied equipment to get you a head-to-toe workout!

## **Trekking**

A 45-minute treadmill class that uses a variety of intervals with different work to rest ratios. Interval changes include speed or include sets that can vary between 30 seconds to 2 minutes. Recovery periods are built in as well, this class is for walkers or runners. Limited number of treadmills available.

## **Yoga**

This class focuses on flexibility and sequencing of posture. Perfect for the body & mind. (Class style may vary depending on the instructor.)

## **Water Aerobics**

Low to moderate impact cardio combined with strength training exercises, class is held in deeper water.

## **WERQ**

A wildly addictive cardio dance class based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps

## **Zumba**

A fusion of Latin, international music, and dance themes creating a dynamic, effective, and fun fitness system. Zumba® uses the principles of interval training by combining fast and slow rhythms tone and sculpt.