

GROUP EXERCISE

Dates: November 2024

Branch: MacColl YMCA



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
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|--|--|---|--|---|---|--|
| Total Body Selena 7:15 AM - 8 AM | Trekking Selena 5:30 AM - 6:30 AM | STT Diane 9 AM - 10 AM | Endurance Circuit Selena 5:30 AM - 6:30 AM | Balance & Flex Nisey 5:30 AM - 6:30 AM <i>*Starts on 11/14</i> | Endurance Circuit Stef 5:30 AM - 6:15 AM | STT Tammy 7:15 AM - 8:15 AM |
| Yoga Gabrielle 8:15 AM - 9:15 AM | Total Body Diane 7:45 AM - 8:45 AM | Spin Selena 9 AM - 10 AM | Step Interval Diane 7:45 AM - 8:45 AM | BodyPump Corey 9 AM - 10 AM | Step Interval Diane 7:45 AM - 8:45 AM | Spin Stephanie 7:15 AM - 8:15 AM |
| Spin Selena 8:30 AM - 9:30 AM | Yoga Poyee 9 AM - 10 AM | Aqua Blast Selena 10:30 AM - 11:15 AM | Yoga Poyee 9 AM - 10 AM | Spin Selena 9 AM - 9:45 AM | Total Body Corey 9 AM - 10 AM | WERQ Corey 8:30 AM - 9:30 AM |
| Zumba Nisey 9:30 AM - 10:30 AM | Chair Yoga Gerri 10 AM - 11 AM | WERQ Corey 10:15 AM - 11:15 AM | Aqua Tone Ritchie 10 AM - 10:45 AM | Aqua Blast Selena 10 AM - 10:45 AM | Aqua Blast Selena 9:30 AM - 10:15 AM | Spin & Sculpt Tami 8:45 AM - 9:45 AM |
| STT Nisey 10:45 AM - 11:45 AM | WERQ Corey 10:15 AM - 11:15 AM | AOA Pat 11:30 AM - 12:20 PM | Zumba Nancy 10:15 AM - 11:15 AM | Barre Corey 10:15 AM - 11:15 AM | Mat & Mobility Kallie 10:15 AM - 11:15 AM | Yoga Gabrielle 9:45 AM - 10:45 AM |
| | Aqua Tone Pat 11 AM - 11:45 AM | Barre Kallie 4:30 PM - 5:15 PM | AOA Nancy 11:30 AM - 12:20 PM | AOA Selena 11:30 AM - 12:20 PM | Chair Yoga & Meditation Gerri 11:30 AM - 12:45 PM | Zumba Joanna 11 AM - 12 PM |
| | Senior Fit Peter 11:30 AM - 12:20 PM | WERQ Kat 5:15 PM - 6:15 PM | WERQ Kat 4:30 PM - 5:15 PM | Mobility & More Kallie 4:30 PM - 5:15 PM | Barre Ritchie 4:30 PM - 5:30 PM | |
| | Bootcamp Angel 3 PM - 3:50 PM | Spin Tami 5:15 PM - 6 PM | STT Tammy 5:15 PM - 6:15 PM | Spin & Sculpt Wendy 5 PM - 5:45 PM | Zumba Holly 5:30 PM - 6:30 PM | |
| | Bootcamp Angel 4 PM - 4:50 PM | Water Aerobics Kim 6:15 PM - 7 PM | Spin Holly B 5:30 PM - 6:15 PM | WERQ Corey 5:15 PM - 6:15 PM | WERQ Corey 6:45 PM - 7:45 PM | |
| | Body Pump Corey 5:15 PM - 6:15 PM | HIIT Selena 6:15 PM - 7:15 PM | HIIT Pat 6:30 PM - 7:30 PM | Water Aerobics Kim 6:15 PM - 7 PM | | |
| | WERQ Kat 6:30 PM - 7:30 PM | | | Total Body Ritchie 6:15 PM - 7:15 PM | | |
| | Yoga Ritchie 7:30 PM - 8:30 PM | | | Yoga Maris 7:15 PM - 8:15 PM | | |

For any class changes, cancellations, or reservations, scan here.



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

Locations & Color Key:

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

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 the activity pool.

Aqua Tone

The moderately paced class is held in deeper water and focuses on toning and strengthening with aqua weights.

Balance & Flex

Balance & Flex Together is a 60-minute YMCA group exercise class that combines yoga and Pilates with athletic training to improve balance, flexibility, mobility, and core strength. The class is suitable for all levels, from beginners to athletes, and uses choreographed bodyweight movements, meditation, and breathwork.

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.

Mobility & More

This 45-minute class will focus on stretches to improve your flexibility and range of motion. It will also incorporate strength-based exercises for a total body workout.

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.