

the  **GROUP EXERCISE SCHEDULE**
MACCOLL YMCA



Click this QR code to see our online schedule

last updated 7/29/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am - Cycling Pavilion - Leah 6:30 am	5:30 am - Endurance Circuit Studio A - Stephanie 6:30 am		5:30 am - Endurance Circuit Studio A - Stefanie 6:30 am	5:30 am - Cycling Pavilion - Leah 6:30 am	7:15 am - StrengthTrainTogether Studio A - Tammy 8:15 am	
	8:00 am - Zumba Studio A - Joanna 9:00 am	7:45 am - Active Together Studio A - Diane 8:45 am			7:15 am - Cycling Pavilion - Stephanie 8:15 am	8:15 am - Yoga Studio A - Gabrielle 9:15 am
9:00 am - Balance and Flex Studio A - Karen 10:00 am	9:00 am - Strength Train Together Studio A - Karen 10:00 am	9:00 am - Balance & Flex Studio A - Karen 10:00 am	9:00 am - Strength Train Together Studio A - Karen 10:00 am	9:00 am - Total Body Conditioning Studio A - Nicole 10:00 am	8:30 am - WERQ Studio A - Corey 9:30 am	8:30 am - Cycling Pavilion - Selena 9:30 am
	9:15 am - Express Spin Pavilion - Selena 9:45 am			10:00 am - WaterAerobics Indoor Pool - Selena 10:45 am	9:30 am - Yoga Studio A - Gabrielle 10:30 am	9:30 am - Zumba Studio A - Nisey 10:30 am
	10:00 am - Water Aerobics Indoor Pool - Selena 10:45 am					10:45 am - Strength Train Together Studio A - Carolina 11:45 am
10:15 am - Zumba Studio A - Jeanine 11:15 am	10:15 am - Barre Studio A - Corey 11:15 am	10:15 am - Zumba Studio A - Nancy 11:15 am	10:15 am - Barre Studio A - Corey 11:15 am	10:15 am - Active Together Studio A - Diane 11:15 am	10:30 am - Zumba Studio A - Joanna 11:15 am	
11:00 am - Water Aerobics Indoor Pool - Loretta 11:40 am		11:00 am - Water Aerobics Indoor Pool - Loretta 11:40 am				
	11:30 am - Active Older Adults Studio A - Jeanine 12:30 pm	11:30 am - Active Older Adults Studio A - Nancy 12:30 pm	11:30 am - Active Older Adults Studio A - Jeanine 12:30 pm	11:30 am - MovementisMedicine Studio A - Mark 12:30 pm		
11:40 am - Water Aerobics Indoor Pool - Loretta 12:20 pm		11:40 am - Water Aerobics Indoor Pool - Loretta 12:20 pm				
3:00 pm - Bootcamp Multifunctional Room - Angel 4:00 pm						
4:30 pm - Cardio Core Studio A - Richie 5:15 pm	4:30 pm - Balance & Flex Studio A - Karen 5:30 pm			4:30 pm - Core Strength Studio A - Stephanie 5:30 pm		
5:30 pm - Strength Train Together Studio A - Diane 6:30 pm	5:30 pm - WERQ Studio A - Kat 6:30 pm	5:30 pm - Strength Train Together Studio A - Jeanine 6:30 pm	5:30 pm - Zumba Studio A - Nancy 6:30 pm	5:30 pm - Zumba Studio A - Holly 6:30 pm		
6:00 pm - Cycling Pavilion - Stephanie 7:00 pm	6:00 pm - HIIT Pavilion - Selena 7:00 pm	6:00 pm - Cycling Pavilion - Selena 7:00 pm	6:00 pm - HIIT Pavilion - Richie 7:00 pm	6:00 pm - Cycling Pavilion - Leah 7:00 pm		
	6:00 pm - Water Aerobics Indoor Pool - Kim 7:00 pm		6:00 pm - Water Aerobics Indoor Pool - Kim 7:00 pm			
6:45 pm - Yoga Studio A - Richie 7:45 pm			6:30 pm - Yoga Studio A - Maris 7:30 pm			
		7:30 pm - Resorative Yoga Studio A - Helice 8:30 pm				

Classes in **RED** are held in the Pavilion
 Classes in **BLUE** are held in the Indoor Pool
 Active Older Adult Classes are in **GREEN**
 Reservations for **Cycling Classes** are available online and on our DAXKO App. Space is limited.

Classes and instructors are subject to change with little to no notice. We will do our best to notify members of any changes as soon as we know of them.
 Facility Hours:
 Monday - Friday
 5:15 am - 9:00 pm
 Saturday / Sunday
 7:00 am - 7:00 pm

Group Exercise Class Descriptions



ACTIVE TOGETHER

This class gives you all the training you need cardio, strength, balance, and flexibility.

AOA STRENGTH

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

BALANCE AND FLEX TOGETHER

It includes fundamentals from yoga and Pilates set to emotive music

BARRE

Barre fuses the very best of Pilates, yoga, elements of ballet, and strength training and is for all levels of fitness.

BOOTCAMP

Join Sgt. Angel Mercado in an intense 1-hour of Boot Camp style drills.

CARDIO-CORE

Get the heart going with high-intensity burst intervals, and strengthen the core to help your overall wellness!

CARDIO-STRENGTH

Total body strength class that focuses on the core.

CYCLING

Hop on the bike and take a ride! You'll be climbing hills and sweating through speed intervals to motivating music. Limit 15 people per class.

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.

MOVEMENT AS MEDICINE

Meditation is brought through breath work and movement based on the principles of Tai Chi and Qi Gong.

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!

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

An aerobic workout in the shallow end of the pool. Classes may use water weights and pool noodles to increase resistance.

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.

