

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am – 6:15 am Cycling · Leah		5:30 am – 6:15 am Endurance Circuit · Selena		5:30 am – 6:15 am Endurance Circuit · Stefanie B	
7:45 am – 8:15 am Total Body · Selena			7:45 am – 8:45 am Step Interval · Diane		7:45 am – 8:45 am Step Interval · Diane	7:15 am – 8:15 am STT · Tammy 7:15 am – 8:15 am Cycling · Stephanie M
8:15 am – 9:15 am Yoga · Gabrielle	8 am – 9 am Total Body · Nicole					8:30 am – 9:30 am WERQ · Corey
8:30 am – 9:15 am Cycling · Selena						
9:30 am – 10:15 am Water Aerobics – Aqua Blast · Selena	9 am – 10 am Yoga · Poyee	9 am – 10 am STT · Diane	9 am – 10 am Yoga · Poyee	9 am – 10 am BodyPump · Jeanine	9 am – 10 am Total Body · Nicole	9:15 am – 10:15 am Cycling · Leah
9:30 am – 10:30 am Zumba · Nisey		9:15 am – 9:45 am Express Cycling · Selena		9:15 am – 9:45 am Express Cycling · Selena		9:30 am – 10:30 am Yoga · Gabrielle
10:45 am – 11:45 am STT · Carolina	10:15 am – 11:15 am Zumba · Jeanine	10 am – 10:45 am Water Aerobics – Aqua Blast · Selena	10:15 am – 11:15 am Zumba · Nancy	10 am – 10:45 am Water Aerobics – Aqua Blast · Selena	10:15 am – 10:45 am Mat & Mobility · Kallie	10:30 am – 11:15 am Zumba · Joanna
Facility Hours: Monday – Friday 5:15 am – 9 pm Saturday / Sunday 7 am – 3 pm KidZone Hours: Monday – Friday 8 am – 11:45 am 4:30 pm – 8 pm Saturday 8:30 am – 12 pm	11 am – 12 pm Water Aerobics – Aqua Tone · Nicole	10:15 am – 11:15 am Barre · Corey	11 am – 12 pm Water Aerobics – Aqua Tone · Nicole	10:15 am – 11:15 am Barre · Corey		
	11:30 am – 12:20 pm Senior Fit · Peter	11:30 am – 12:20 pm AOA · Jeanine	11:30 am – 12:20 pm AOA · Nancy	11:30 am – 12:20 pm AOA · Selena	11:30 am – 12:20 pm Chair Yoga · Poyee	
	3 pm – 3:50 pm Bootcamp · Angel					
	4 pm – 4:50 pm Bootcamp · Angel	4:30 pm – 5:15 pm Barre · Kallie	4:30 pm – 5:15 pm Total Body · Selena	4:30 pm – 5:15 pm Barre · Kallie	4:30 pm – 5:30 pm Yoga · Richie	
	5:15 pm – 6:15 pm BodyPump · Corey	5:15 pm – 6:15 pm WERQ · Kat	5:15 pm – 6:15 pm STT · Tammy	5:15 pm – 6:15 pm WERQ · Corey	5:30 pm – 6:30 pm Zumba · Holly	
	6 pm – 7 pm Cycling · Stephanie	6 pm – 7 pm Water Aerobics · Kim		6 pm – 7 pm Water Aerobics · Kim	6 pm – 7 pm Cycling · Leah	
Check out YMCA360 for at-home and virtual group exercise classes!	6:30 pm – 7:30 pm Cardio Combat · Chelley	6:15 pm – 7:15 pm HIIT · Selena	6:30 pm – 7:30 pm HIIT · Kathleen	6:15 pm – 7:15 pm HIIT · Richie	Reservations for Cycling Classes are available online and on our Daxko App. Space is limited.	Download our mobile app for the most up to date schedules.
	7:30 pm – 8:30 pm Yoga · Richie	7:15 pm – 7:45 pm Mat & Mobility · Kallie	7:30 pm – 8 pm Core Conditioning · Stefanie B	7:15 pm – 8:15 pm Yoga · Maris		

MACCOLL YMCA • GROUP EXERCISE DESCRIPTIONS



AOA (ACTIVE OLDER ADULTS)

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

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!

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 COMBAT

An intense(ly fun) empowering 55 minutes of cardio meets kickboxing for a full body workout for all levels of fitness.

CARDIO CONDITIONING

Challenge yourself with a 30 minutes core and glute workout.

CHAIR YOGA

In this 45 minute journey you will move your body using breath and the chair. You will experience peace and joy in mind and spirit by the classes end.

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!

EXPRESS CYCLE

30 minutes of a high intensity ride filled with sprints and climbs. This half hour class flies by!

HIIT

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

MOVEMENT & MOBILITY

We all could use a little more MOBILITY! This class will help to increase your range of motion, strength and flexibility all in one. The classes are programed to increase your mobility throughout your entire body creating more flexibility, healthier muscle tissue and greater range of motion in your joints. All levels are welcome, modification will be given to allow all to access the movements!

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.

STEP INTERVAL

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

STT (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 (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

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

WATER AEROBICS - 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.

WATER AEROBICS - AQUA TONE

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

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.