

GROUP EXERCISE

Dates: July 2024

Branch: MacColl YMCA



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