

# GROUP EXERCISE

Dates: June 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 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	Water Aerobics   Kim 6:15 PM - 7 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	Total Body   Ritchie 6:15 PM - 7:15 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	Yoga   Maris 7:15 PM - 8:15 PM		
	Spin   Wendy 6 PM - 7 PM					
	WERQ   Kat 6:30 PM - 7:30 PM					
	Yoga   Ritchie 7:30 PM - 8:30 PM					

\*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 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.