



GROUP EXERCISE SCHEDULE

Fall 2021

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Land	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Fusion Fitness 5:15am Studio A		Fusion Fitness 5:15am Studio A		
	Body Blast 8:15 AM Studio A	Fitness Ball 8:15 AM Studio A	Zumba 8:15 AM Studio A	Fitness Ball 8:15 AM Studio A	Body Blast 8:15 AM Studio A	
			Yoga 9:15 AM Studio A			Pound 9:00 AM Studio A
	Yoga 9:30 AM Studio B		Line Dancing 10:00 AM Studio A		Yoga 9:30 AM Studio B	
		Lunch Yoga* 12:15 PM Studio B		Lunch Yoga* 12:15 PM Studio B		Yoga* 10:15 AM Studio B
	Step Interval 5:30pm Studio A	Yoga 5:00 PM Studio B	Step Interval 5:30 PM Studio A	Yoga 5:00 PM Studio B		
		Strong Bodies 5:30 PM Functional Fitness Room		Strong Bodies 5:30 PM Functional Fitness Room		
Boot Camp 6:30 PM Studio A	Pilates 6:30 PM Studio A	Boot Camp 6:30 PM Studio A				

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Studio Cycle* 8:00 AM			Studio Cycle* 8:00 AM	
	Studio Cycle 12:15 PM		Studio Cycle 12:15 PM			

Water	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Deep Water Aerobics 6:45 AM		Deep Water Aerobics 6:45 AM		
	Rusty Hinges 9:00 AM		Rusty Hinges 9:00 AM	Rogue H2O 9:00 AM	Rusty Hinges 9:00 AM	Rogue H2O 9:00 AM
	Deep Water Aerobics 5:30 PM	Aqua Zumba 5:30 PM	Rogue H2O 10:30 AM	Aqua Zumba 5:30 PM		

Classes:

Group Exercise class are an valued added benefit for YMCA Members only. Classes are held based on instructor availability. Classes may be cancelled at any time due to illness or vacation.

*Lunch Yoga will and Studio Cycle Tues/Thur 8:00 AM will be held under a tentative 8-week schedule to 10/28/21.

*Studio Cycle Sat 9:30 AM and Yoga Saturday 10:15 AM will be held under a tentative schedule to 4/9/22.

For class descriptions, please visit our website at www.saltforkymca.org, Wellness tab, then Group Exercise.

9/30/2021

GROUP EXERCISE:

BODY BLAST

- * High intensity interval training
- * Cardio segments, resistance training & intense core work

BOOT CAMP

- * High intensity workout using a combination of military-style calisthenics, athletic drills & low-level plyometrics

FITNESS BALL

- * Helps develop your major muscle groups and help increase your kinesthetic awareness.
- * Incorporates a lot of functional movements that will help strengthen your core and improve stability muscles

FUSION FITNESS

- * High intensity, short burst circuit training
- * Exert energy, work together, get blood pumping
- * Stations of cardio, strength, plyometric and core training focus

PILATES

- * Similar to Yoga but with more of an emphasis on developing strength
- * Utilizes whole-body movements that develop flexibility, core stability, balance and coordination

POUND

- * Modern day fusion of movement and music
- * Ripstix weighted drumsticks designed to transform drumming into an intense, fat burning, full body interval workout
- * Workout is easily modifiable

STEP INTERVAL

- * Incorporates intervals of movements on and around a step
- * Enhances your cardio endurance, strength, coordination and balance
- * Each interval provides a new challenge

STRONG BODIES

- * Perfect for beginners interested in learning about resistance training, proper lifting technique, exercise principles, and more!

YOGA

- * Combines posture, breathing and focus *Promotes strength, flexibility, stamina, balance, and deep relaxation of mind & body
- * Each instructor will bring their own unique style to their class

ZUMBA

- * Latin inspired Dance Fitness with Salsa, Merengue & more
- * Integrates easy-to-follow dance & fitness movements

GROUP CYCLING:

Cycling is a great way to exercise and improve your cardiovascular endurance. We offer classes for all fitness levels (all classes are 30-45 minutes in length). Each 30-45 min session can burn anywhere from 250-350 calories!

GROUP WATER:

AQUA ZUMBA

- * Low impact, high-energy aquatic exercise
- * Aqua Zumba blends the Zumba philosophy with water resistance
- * Less impact on your joints
- * Water creates natural resistance, which helps tone muscles

DEEP WATER AEROBICS

- * Invigorating class to increase your sense of well-being through muscle toning
- * Zero impact class due to being in the deep water
- * Must be comfortable in the water to participate in this class

RUSTY HINGES

- * Shallow water workout
- * Focuses on range of motion, flexibility and light cardio
- * Non-impact with resistance
- * Great for arthritis and joint pain and/or recovering from an injury

ROGUE H2O

- * Boot Camp style
- * RH2O combines core strengthening muscle, toning, flexibility and cardio exercise
- * Swimming skill not necessary