

Winter Free Group Exercise Schedule



Members Only | No Registration Required | Schedule begins Jan. 11

The Y offers many free Group Exercise classes. We believe it's important to establish healthy living habits at a young age. Together, you and your family will have fun while exercising. Kids ages 13-14 may attend group exercise classes with a parent, and teens 15+ can attend solo.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00am		BODYPUMP™ 5:15-6:15am	GRIT™ 5:30-6:00am LOW IMPACT HIIT 5:30-6:15am Studio C	BODYPUMP™ 5:15-6:15am	GRIT™ 5:30-6:00am	BODYPUMP™ 5:30-6:30am	
6:00-7:00am		BODYFLOW™ 6:20-7:05am	GRIT™ 6:05-6:35am		GRIT™ 6:05-6:35am BODYFLOW™ 6:05-6:50am Studio C		
7:00-8:00am			TAI CHI 7:30-8:15am Studio C		TAI CHI 7:30-8:15am Studio C		WEEKEND WARRIOR 7:15-8:00am
8:00-9:00am		LOW IMPACT STEP 8:15-9:15am	BODYPUMP™ 8:15-9:00am	LOW IMPACT STEP 8:15-9:15am	BODYPUMP™ 8:15-9:00am	LOW IMPACT STEP 8:15-9:15am	BODYPUMP™ 8:15-9:15am
9:00-10:00am		BODYFLOW™ 9:30-10:15am	SIMPLE STRETCH 9:00-9:40am LiveStrong Studio BODYFLOW™ FLEXIBILITY 9:05-9:40am GOLDEN RHYTHMS 9:45-10:30am		SIMPLE STRETCH 9:00-9:40am LiveStrong Studio GOLDEN RHYTHMS 9:45-10:30am	BODYFLOW™ 9:30-10:25am	GRIT™ 9:30-10:00am
10:00-11:00am		SS CIRCUIT® 10:45-11:30am	SS CARDIO® 10:45-11:30am	SS CIRCUIT® 10:45-11:30am	SS CLASSIC® 10:45-11:30am	CHAIR YOGA 10:45-11:30am	GRIT™ 10:15-10:50am
11:00-12:00pm	BODYFLOW™ 11:15-12:10pm						
12:00-1:00pm	GRIT™ 12:15-12:50pm	GRIT™ 12:15-12:50pm		GRIT™ 12:15-12:50pm			
4:00-5:00pm		BODYPUMP™ 4:30-5:25pm	BODYCOMBAT™ EXPRESS 4:30-5:15pm	BODYPUMP™ 4:30-5:25pm	GRIT™ 4:45-5:20pm		
5:00-6:00pm		CIRCUIT MAXX 5:35-6:30pm	BODYPUMP™ 5:35-6:20pm	STEP INTERVAL 5:35-6:30pm	BODYPUMP™ 5:35-6:35pm		
6:00-7:00pm		BODYPUMP™ EXPRESS 6:40-7:15pm	BODYCOMBAT™ 6:30-7:15pm	BODYPUMP™ 6:40-7:25pm	BODYFLOW™ 6:45-7:30pm		
7:00-8:00pm		BODYFLOW™ EXPRESS 7:20-7:55pm	R.I.P.P.E.D 7:20-8:20pm	ZUMBA® 7:30-8:38pm			

*All classes are held in the upper aerobic studio, unless otherwise noted.

Class Descriptions

BODYCOMBAT™: A high intensity, martial arts inspired cardio workout. This energetic and empowering program draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and motivating instructors, you strike, punch, and kick your way through calories to superior cardio fitness. One 55-minute class provides all the core training benefits of 1700 crunches without doing a single one!

BODYCOMBAT™ Express: 35-minute version of BODYCOMBAT™

BODYFLOW™: The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. (Please bring your own yoga mat).

BODYFLOW™ Flexibility: This is a 35-minute format focusing on flexibility. Class consists of a tai chi warm-up, sun salutations, hip openers, twists, forward bends, and ending with relaxation.

BODYFLOW™ Strength: This is a 35-minute format focusing on strength. Class consists of sun salutations, standing strength, balance, and core (abdominals and back) and ending with forward bends.

BODYPUMP™: The world-famous group barbell program that challenges every major muscle in your body using all the best weight room exercises like squats, curls, lifts, and presses. Adjustable weights along with inspiring music and simple choreography allow you to get fit in record time. Boosts your endurance, increases your strength, and speeds up metabolism for rapid fat burning.

BODYPUMP™ Express: 35-minute version of BODYPUMP™

Chair Yoga: Yoga class that moves your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform all exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Circuit Max: Based on the circuit training concept, this class combines cardio moves (no step) and endurance strength training. This intense yet scalable workout will help burn body fat while increasing lean muscle mass. Not only that, but it's fun and full of variety to keep you coming back for more!

Golden Rhythms: Low impact cardio for all levels. Dance your way through fun Latin, international, and hit songs with easy to follow moves.

GRIT™: High Intensity Interval Training is the hottest trend on the planet. Add HIIT to your life with our three unique LES MILLS GRIT™ workouts and take your fitness to the next level. You'll be addicted to the results.

The 3 Workouts:

STRENGTH: Using barbell, weight plate and body weight exercises, GRIT™ STRENGTH is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone.

PLYO: GRIT™ PLYO is a plyometric-based workout that delivers fast results. Combining the principles of explosive plyometrics and power agility training, you will build a powerful, agile and athletic body.

CARDIO: GRIT™ CARDIO is a high-impact cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive 30-minute workout combines high impact body weight exercises and uses no equipment.

Low Impact HIIT: utilizes one of the best training methods for fat loss in a low impact way! High Intensity Interval Training is one of the best ways to burn fat because it increases your metabolism long after your exercise session has ended, not just during it. In this class you will get all the benefits of HIIT but without the extra stress on your joints. Timed intervals may incorporate movements taken from step aerobics, kickboxing, bodyweight training, and more! For those who want it, high impact options can be given. No complex choreography to follow. Simple, effective, and fun.

R.I.P.P.E.D.: The one stop body shock system: R.esistance, I.nterval, P.ower, P.lyometrics, E.ndurance, D.iet. Each component of the workout provides a different body response, so your body never gets accustomed to the constantly changing format.

SilverSneakers® Cardio: Get up and go with an aerobics class that's safe, heart-healthy, and gentle on the joints. The workout includes easy-to-follow low-impact movements that focus on upper body strength, abdominal conditioning, stretching, and relaxation exercises designed to energize your active lifestyle.

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

Simple Stretch: The perfect start to the day! Class may include a walking warm-up, light calisthenics, and entire body stretches. Perfect for all levels and abilities.

Step: A fun and exciting combination of choreographed step and muscle conditioning.

Step Interval: Using the step and free weights, this athletic interval workout can be modified to accommodate various fitness levels while challenging the most hard-core athlete. Led by an experienced instructor with inspiring music, powerful moves, and constantly varying routines...this is not your typical step class!

Tai Chi: The arthritis Foundation Tai Chi Program is an ancient practice proven to reduce pain and improve your mental and physical well-being. Class uses gentle sun-style routines that are safe, easy to learn, and suitable for every fitness level.

Weekend Warrior: Kick off your weekend with a 1,000-rep time challenge! Led by a rotating staff of motivating personal trainers, the workout will vary each week but the challenge remains the same...complete 1,000 reps as quickly as possible with good form! This casual team workout does not have a specific length, it is over when you complete the challenge. (typical workout will range between 25-45 minutes) Your trainer will be there with you to the last rep! Beginner? No problem! Just cut the assigned number of reps for each exercise in half!

Zumba®: A cardio class that combines high energy dance moves and motivating music. Fun and easy to do.