

GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 2023

MONDAY

Silver Sneakers
Classic
9:00-9:45am
Mary

Wildcard
Workout
with Leland
9:00-10:00am

Line Dancing
10:30-12:00pm
Cookie

Intro to Youth
Boxing 5-6pm
with Leland
**EXTRA FEE
Required.**

Total Body Reset
with June
5:15-6:00pm

Boot Camp
6:15-7:00pm
Richard T.

TUESDAY

Tabata
with Lisa
7:00-7:45 am

Silver Sneakers
Classic
9:00-9:45am
Mary

Lunge at
Lunch with
Joe 12-12:45

Tabata
6:15-7:00
Richard T.

WEDNESDAY

Yoga
with Bassey
6:15-7:00
(Starting 1/11)

Silver Sneakers
Classic
9:00-9:45am
Mary

Wildcard
Workout
with Leland
9:00-10:00am

Line Dancing
10:30-12:00
Cookie

Total body
Reset with
June
5:15-6:00

Cardio Variety
6:15-7:00
Laura

THURSDAY

Core Conditioning
6:00-6:45am
Brian

Silver Sneakers
Classic
9:00-9:45am
Mary

Lunge at
Lunch with Joe
12-12:45

Kickboxing
6:15-7:00pm
Laura

Zumba
with Lisa W.
7-7:45

FRIDAY

Silver Sneakers
Classic
9:00-9:45am
Mary

Line Dancing
10:30-12:00
Cookie

SATURDAY

Cardio
Variety
8:00-9:00am
Laura

Yoga
9:30-10:30
Richard

9AM Silver Sneakers take place
in basketball gym.*

All other classes take place in
the Group Exercise room

Lunge at Lunch takes place in
the Fitness Center

Classes are subject
to cancellation.
please call to
confirm classes.

CLASS DESCRIPTIONS – Group exercise classes are for all levels of fitness. Inform the instructor if you are new to the Y, we are happy to show modifications for all levels of fitness.

Boot Camp – An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training.

Cardio Variety – Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Cycling– This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music. (Senior) or (Kids)

Functional Training – This class will focus on functional strength. We will use tires, medicine balls, hammers; you name it, to get a full-body, functional workout. This class will meet outside the group ex room in the hub but will take place outside in the alley (weather permitting). In the event of poor weather, we will head to the gym or the fitness center.

Jump & Pump – Try this innovative class combining the cardio of jump ropes and the toning of weight lifting in a Tabata-style format

Kickboxing – Through a mixture of martial arts and boxing moves, our kickboxing class includes physical contact with a punching bag. Participants must bring their own gloves.

Line Dancing – Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!

Masala Bhangra – is a lifestyle program where the Dhol Drum beats meets the glamour of Bollywood. With easy to follow choreography, participants are encouraged to move, touch and inspire! Empowering a life-long way of being through Indian dance and music.

Pilates – This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.

Step Aerobics – Using a bench and risers, you will step up and down and learn fun patterns to upbeat music.

SilverSneakers Circuit – Cardio Circuit is designed for seniors who have taken the SilverSneakers Classic class and now feel at ease working out of their comfort zone. SilverSneakers Circuit focuses on strengthening the cardiovascular system.

Silver Sneakers BOOM Move IT – Dance to the beat of hip hop and move to the rhythms of the mambo. Have fun and learn steps from every era in this great cardio workout.

SilverSneakers Classic– Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities, Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

SilverSneakers Yoga– Yoga stretch will move your body through a series of seated yoga positions. Chair support os offered to increase flexibility and balance techniques.

Stretching for Better Performance – Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility

and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

Tabata – Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Toning – Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels. (Senior)

Wild Card – Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Yoga – The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Zumba – Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!