

RIVERFRONT YMCA GROUP EXERCISE SCHEDULE

SUMMER
THROUGH AUGUST 27, 2023



MONDAY

TONING

9 - 9:45AM
MARISSA
GROUP EX

SS CLASSIC

10 - 10:45AM
RUTH
GROUP EX

SS YOGA

11 - 11:45AM
RUTH
GROUP EX

POWER PUMP

6 - 6:45PM
BETH
GROUP EX

HATHA YOGA

6:15 - 7PM
TRISH
BASEMENT

CYCLING

7 - 7:45PM
BETH
GROUP EX

TRX & KETTLEBELL

7:30 - 8:15PM
MEL
KICKBOXING

TUESDAY

CYCLING

6 - 6:45AM
KEN
GROUP EX

SS CLASSIC

10 - 10:45AM
RUTH
GROUP EX

SS CIRCUIT

11 - 11:45AM
RUTH
GROUP EX

STRENGTH TRAINING

5:30 - 6:15PM
TEAH
GROUP EX

KICKBOXING

6 - 6:45PM
BEATRIZ
KICKBOXING ROOM

HIIT

6:15 - 7:00PM
TEAH
GROUP EX

TRX & KETTLEBELL

7 - 7:45PM
MEL
KICKBOXING

WEDNESDAY

STRENGTH TRAINING

6 - 6:45AM
TEAH
GROUP EX

KICKBOXING

6:45 - 7:30AM
TEAH
KICKBOXING

SS CLASSIC

10 - 10:45AM
RUTH
GROUP EX

SS YOGA

11 - 11:45AM
RUTH
GROUP EX

HEATHER KNOLL PARKINSON'S SPECIALTY CLASS

2 - 3:00PM
GROUP EX

CYCLING

5 - 5:45PM
AL
GROUP EX

MAT PILATES

6 - 6:45
LISA
GROUP EX

THURSDAY

CYCLING

6 - 6:45AM
KEN
GROUP EX

MAT PILATES

9 - 9:45AM
MEGAN
GROUP EX

SS CIRCUIT

10 - 10:45AM
ANN
GROUP EX

FIT FACTOR

5:45 - 6:30PM
TEAH
GROUP EX

KICKBOXING

6 - 6:45PM
BEATRIZ
KICKBOXING

HIIT

6:45 - 7:30PM
TEAH
GROUP EX

FRIDAY

TRX

9 - 9:45AM
MEL
KICKBOXING

SS CLASSIC

11:30 - 12:15PM
ANDY
GROUP EX

SATURDAY

TRX & KETTLEBELL

9 - 9:45AM
MEL
KICKBOXING

TONING

9 - 9:45AM
AL
GROUP EX

MAT PILATES

11 - 11:45AM
LISA
GROUP EX

IMPORTANT INFORMATION

- Registration for MEMBERS is not required.
- Classes are offered on a first-come, first-served basis.
- All fitness classes offered are FREE to members.
- Group exercise classes are for all levels of fitness.
- Inform the instructor if you are new, we are happy to show you modifications for all levels of fitness.

CLASS DESCRIPTIONS

GROUP EX CLASSES

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 upbeat music.

HIP HOP

In this high-energy class you are encouraged to step outside of the box by bringing your own individual style and personality to the movements. Hip Hop dance requires students to have the strength and stamina to successfully perform moves. Therefore, class includes upper and lower body condition but can be done by beginners.

KETTLEBELL

We power through squats, presses and more working on strength training and building core to lose or maintain weight.

KICKBOXING

Through a mixture of martial arts and boxing moves kickboxing includes physical contact with a punching bag. Bring your own gloves.

MAT PILATES

On the floor strengthening and lengthening form of exercise that focuses on core muscles while also training arms and legs.

POWER PUMP

A group weight-training workout using bars and plates. This program strengthens and tones every muscle group in the body.

TRX

Total Body Resistance Exercise: Uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility and core/joint stability.

HATHA YOGA

A type of Yoga that will involve a set of yoga poses and breathing techniques. This is a good class for beginners and is even suitable for those who have taken Yoga classes before.

SILVER SNEAKERS CLASSES

CLASSIC

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

YOGA

Yoga Stretch will move your whole body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

CIRCUIT

Cardio Circuit is designed for seniors who now feel at ease working out of their comfort zone. Silver Sneakers Circuit focuses on strengthening the