

# RIVERFRONT YMCA GROUP EXERCISE SCHEDULE

## FALL II

OCTOBER 29 - December 16, 2023



### MONDAY

**TONING**  
9:30 - 10:15AM  
ASHLEY  
CYCLING

**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 - 6:45PM  
TRISH  
BASEMENT

**CYCLING**  
7 - 7:45PM  
BETH  
CYCLING

### TUESDAY

**CYCLING**  
6 - 6:45AM  
KEN  
CYCLING

**MAT PILATES**  
9 - 9:45AM  
MEGAN  
GROUP EX

**SS CLASSIC**  
10 - 10:45AM  
RUTH  
GROUP EX

**KICKBOXING**  
10 - 10:45AM  
KRISTIN  
KICKBOXING ROOM

**SS CIRCUIT**  
11 - 11:45AM  
RUTH  
GROUP EX

**KICKBOXING**  
6 - 6:45PM  
KRISTIN  
KICKBOXING ROOM

### WEDNESDAY

**BOOTCAMP**  
9:30 - 10:15AM  
ASHLEY  
GYMNASIUM

**SS CLASSIC**  
10 - 10:45AM  
RUTH  
GROUP EX

**STRETCH**  
10:30 - 11:15AM  
ASHLEY  
CYCLING

**SS YOGA**  
11 - 11:45AM  
RUTH  
GROUP EX

**CYCLING**  
5 - 5:45PM  
AL  
CYCLING ROOM

**MAT PILATES**  
6 - 6:45PM  
LISA  
GROUP EX

### THURSDAY

**CYCLING**  
6 - 6:45AM  
KEN  
CYCLING

**HATHA YOGA**  
9:30 - 10:15AM  
TRISH  
CYCLING ROOM

**SS CIRCUIT**  
10 - 10:45AM  
ANN  
GROUP EX

**KICKBOXING**  
6 - 6:45PM  
KRISTIN  
KICKBOXING

### FRIDAY

**BEATS (DRUM CLASS)**  
9:30 - 10:15AM  
ASHLEY  
GROUP EX

**SS CLASSIC**  
11:30 - 12:15PM  
ANDY  
GROUP EX

**TONING**  
6 - 6:45PM  
MARISSA  
GROUP EX

### SATURDAY

**TRX & KETTLEBELL**  
9 - 9:45AM  
MEL  
KICKBOXING

**TONING**  
9 - 9:45AM  
AL  
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.

### **TONING**

This is a high-energy interval style class that utilizes a combination of weight training and cardio to build strength, endurance and aerobic capacity. Instructors will incorporate a variety of equipment from hand weights, resistance bands, kettle bells and body weight to sculpt muscle and get your heart pumping! You will leave the class feeling challenged, motivated and ready to come back for more.

## 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 cardiovascular system.