RIVERFRONT YMCA
GROUP EXERCISE SCHEDULE

FALL II
NOVEMBER 1 – DECEMBER 20

MONDAY

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
6:00- 6:45PM
TRISH
BASEMENT ROOM

CYCLING
7 - 7:45PM
BETH
CYCLING ROOM

TUESDAY

CYCLING
6 - 6:45AM
KEN
CYCLING ROOM

SS CLASSIC
10 - 10:45AM
RUTH
GROUP EX

SS CIRCUIT
11 - 11:45AM
RUTH
GROUP EX

BARRE
5:30 - 6:15PM
KIM
GROUP EX

WEDNESDAY

EARLY BIRD YOGA
6 - 6:45AM
KIM
GROUP EX

PEDALING FOR PARKINSON'S
9:30 - 10:15AM
NIKKI
CYCLING ROOM

SS CLASSIC
10 - 10:45AM
RUTH
GROUP EX

SS YOGA
11 - 11:45AM
RUTH
GROUP EX

CYCLING
5 - 5:45PM
AL
CYCLING ROOM

MAT PILATES
6 - 6:45PM
LISA
GROUP EX

RESTORATIVE YOGA
7 - 7:45PM
KIM
GROUP EX

THURSDAY

CYCLING
6 - 6:45AM
KEN
CYCLING ROOM

HATHA YOGA
9 - 9:45AM
TRISH
GROUP EX

SENIOR CIRCUIT
10 - 10:45AM
TRISH
GROUP EX

FRIDAY

PEDALING FOR PARKINSON'S
9:30 - 10:15AM
TEAH
CYCLING ROOM

SS STABILITY
10:15 -11:00AM
VIRGINIA
GROUP EX

SENIOR CLASSIC
11:30AM - 12:15PM
ANDY
GROUP EX

SATURDAY

TONING
9 - 9:45AM
AL
GROUP EX

TRX & KETTLEBELLS
11 - 11:45AM
MEL
KICKBOXING ROOM

IMPORTANT INFORMATION

- **Registration for MEMBERS is not required and most are NO COST.**
- **Classes are offered on a first-come, first-served basis.**
- **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.**
- **Download the Remind App for class updates and schedule changes.**

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 tjat utilizes a combination of weight training and cardio to build strength, endurance and aerobic capacity. insstructors 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.