



GROUP EXERCISE SCHEDULE

SPRING 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Land	Pilates 6:15 AM Studio B	Fusion Fitness 5:15 AM Studio A	Pilates 6:15 AM Studio B	Fusion Fitness 5:15 AM Studio A		
	Body Blast 8:15 AM Studio A	Ball Class 8:15 AM Studio A	Zumba 8:15 AM Studio A	Ball Class 8:15 AM Studio A	Body Blast 8:15 AM Studio A	
			Yoga 9:15 AM Studio A			YMCA WOD 9:00 AM Box
	Yoga 9:00 AM Studio B		Line Dancing 10:00 AM Studio A			Hip Hop Fitness 9:00 AM Studio B
		Lunch Yoga 12:15 PM Studio B		Lunch Yoga 12:15 PM Studio B		Yoga* 10:15 AM Studio B
	Step Interval 5:30 PM Studio A	Yoga 5:00 PM Studio B	Step Interval 5:30 PM Studio A	Yoga 5:00 PM Studio B		
				Fierce Cardio Kick Boxing 5:00 PM Studio A		
	Push your Limits 6:45 PM Studio A	Dumbbells & Ponytails 6:00 PM Studio A	Hip Hop Fitness 6:00 PM Studio B	Dumbbells & Ponytails 6:00 PM Studio A	Push your Limits 5:00 PM Studio A	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle						
	Studio Cycle 12:15 PM		Studio Cycle 12:15 PM			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water		Deep Water Aerobics 6:45 AM		Deep Water Aerobics 6:45 AM		
	Rusty Hinges 9:00 AM		Rusty Hinges 9:00 AM		Rusty Hinges 9:00 AM	
		Aqua Zumba 5:30 PM		Aqua Zumba 5:30 PM		

Classes:

Group Exercise class are an valued added benefit for YMCA Members only. Classes are held based on instructor availability. Classes may be cancelled at any time due to illness or vacation.

For class descriptions, please visit our website at www.saltforkymca.org, Wellness tab, then Group Exercise.

3/11/2024

GROUP EXERCISE:

BALL CLASS

- * Build strength, flexibility and balance

DUMBBELLS & PONYTAILS

- * Burn calories and tone your body using light dumbbells and cardio
- * Everyone welcome, all movements can be scaled

FUSION FITNESS

- * High intensity, short burst circuit training
- * Exert energy, work together, get blood pumping
- * Stations of cardio, strength, plyometric and core training focus

PUSH YOUR LIMITS

- * High intensity interval training
- * Cardio segments, resistance training & intense core work

PILATES

- * Low intensity muscle strengthening workout, similar to Yoga

STEP INTERVAL

- * Incorporates intervals of movements on and around a step
- * Enhances your cardio endurance, strength, coordination and balance
- * Each interval provides a new challenge

YOGA

- * Combines posture, breathing and focus *Promotes strength, flexibility, stamina, balance, and deep relaxation of mind & body
- * Each instructor will bring their own unique style to their class

GROUP CYCLING:

Cycling is a great way to exercise and improve your cardiovascular endurance. We offer classes for all fitness levels (all classes are 30-45 minutes in length). Each 30-45 min session can burn anywhere from 250-350 calories!

GROUP WATER:

AQUA ZUMBA

- * Low impact, high-energy aquatic exercise
- * Aqua Zumba blends the Zumba philosophy with water resistance
- * Less impact on your joints
- * Water creates natural resistance, which helps tone muscles

DEEP WATER AEROBICS

- * Invigorating class to increase your sense of well-being through muscle toning
- * Zero impact class due to being in the deep water
- * Must be comfortable in the water to participate in this class

RUSTY HINGES

- * Shallow water workout
- * Focuses on range of motion, flexibility and light cardio
- * Non-impact with resistance
- * Great for arthritis and joint pain and/or recovering from an injury