



Genesee County YMCA

GROUP EXERCISE SCHEDULE

September 2021 Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Level Vinyasa Yoga 6:00-7:00 AM Kenneth Group Ex Room	Group Cycling 6:00-6:30 AM Carol Cycle Room	Interval Training 5:40-6:30 AM Michelle Group Ex Room	Group Cycling 6:00-6:30 AM Carol Cycle Room		
	Group Cycling 8:00-9:00 AM Amy Cycle Room	Interval Training 8:30-9:15 AM Becca Group Ex Room		Interval Training 8:30-9:30 AM Christina Group Ex Room	Interval Training 8:30-9:30 AM Amy Group Ex Room	
	Zumba Gold® 9:00-9:30 AM Becky Group Ex Room		ZUMBA Gold® <small>ENDORSED</small> 9:00-9:30 AM Becky Group Ex Room			
	SILVER&FIT[®] EXPERIENCE 9:45-10:45 AM Becky Group Ex Room		SILVER&FIT[®] EXPERIENCE 9:45-10:45 AM Becky Group Ex Room			HIIT (High Intensity Interval Training) 9:15-10:15 AM Amy Group Ex Room
	Pilates – All Levels 11:00-12:00 PM Becky Group Ex Room		Pilates – All Levels 11:00-12:00 PM Becky Group Ex Room			
			Group Cycling 5:00-6:00 PM Michelle W. Cycle Room First class 9/15/21	Open Level Vinyasa Yoga 5:30-6:30 PM Kenneth Multi-Purpose Room		
	Pilates – All Levels 6:00-7:00 PM Lori Group Ex Room	ZUMBA® 6:30-7:30 PM Liz Group Ex Room	Pilates – All Levels 6:00-7:00 PM Lori Group Ex Room	Interval Training 6:30-7:30 PM Michelle/Amy Group Ex Room		

Schedule Subject to change without notice

Class Etiquette: Make friends, but be courteous to instructors and other participants by chatting before or after class and not during the workout. Always wear clean, dry footwear appropriate for the class you are taking. Have fun and enjoy!

Class Descriptions

Cardio

ZUMBA®: A fusion of Latin and International music themes that create a dynamic, exciting and effective fitness workout. A combination of fast and slow rhythms tone and sculpt the body and burn calories the fun way!

ZUMBA® GOLD: Instructors take the ZUMBA® formula & modify the moves & pacing to suit the needs of active older participants, as well as those just starting their journey to a fit & healthy life style.

GROUP CYCLING: An instructor led workout on specialty stationery bikes. This high energy class is low impact; you control the intensity of each class by modifying resistance and body positions.

Interval

INTERVAL TRAINING: Energetic, high energy cardio & strength class to challenge you for your fitness goals. Class outline based on Instructors design. (Elements of Abs, Cycling and Barre may be added)

Mind/Body

PILATES - ALL LEVELS: This class will strengthen the body's core muscles including the abs and lower back and will tone the body and increase flexibility. The class is taught on a mat.

VINYASA YOGA: The primary focus is to achieve relaxation through a series of poses and breathing techniques. Whether you are a beginner, more advanced Yogi, or somewhere in between, you will walk away from this class with not only increased range of motion, increased strength, but also a relaxed and destressed soul.

Strength

HIIT (High Intensity Interval Training): A class designed for a head-to-toe workout. You move and challenge yourself at your own pace with new exercises you may not have tried or seen before! HIIT is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

SILVER & FIT EXPERIENCE: The class is designed to increase flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength & cardiovascular endurance.

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