




Genesee County YMCA

# GROUP EXERCISE SCHEDULE

## April 2022 Schedule

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