



Genesee County YMCA

GROUP EXERCISE SCHEDULE

November 2023 Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sculpt and Stretch 5:45-6:15 AM Michelle W. Group Ex Room	Group Cycling 6:00-6:30 AM Carol Cycle Room	Interval Training 5:40-6:30 AM Michelle W. 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 6:30-7:00 AM Michelle W. Cycle Room		Group Cycling 8:00-8:45 AM Julia Cycle Room		Abs Class 8:00-8:30 AM Alyssa Multi-Purpose Room	
	Fundamental Movement 8:15-9:00 AM Alyssa Multi-Purpose Room	Circuit Training/ Tabata 9:00-10:00 AM Alyssa Group Ex Room	Core & More 8:45-9:15 AM Julia Cycle Room	Interval Training 8:30-9:30 AM Julia Group Ex Room	Interval Training 8:30-9:30 AM Alyssa Multi-Purpose Room	Group Cycling 8:00-8:45 AM Michelle W. Cycle Room
	Zoom Dance 9:00-9:30 AM Becky Group Ex Room		Zoom Dance 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	Ageless Fitness 9:45-10:45 AM Julia Group Ex Room	Zoom Dance 8:30-9:30 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					ZUMBA[®] 10:30-11:30 AM Heather/Heidi Group Ex Room
		Abs Class 4:45-5:10 PM Alyssa Group Ex Room		Abs Class 4:45-5:10 PM Alyssa Group Ex Room		
		Total Body Burn 5:10-6:00 PM Alyssa Group Ex Room	Group Cycling 5:00-5:45 PM Amy Cycle Room	Total Body Burn 5:10-6:00 PM Alyssa Group Ex Room		
	CycleX 5:15-6:00 PM Wendy Cycle Room			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	Dance Fusion 6:30-7:30 PM Liz Group Ex Room	Pilates – All Levels 6:00-7:00 PM Lori Group Ex Room	ZUMBA[®] 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!

ZOOM DANCE: A fusion of music themes that create an effective fitness workout. Instructors modify the moves & pacing to suit the needs of active older participants, as well as those just starting their journey to a fit & healthy lifestyle.

DANCE FUSION: A fun and energetic, dance fitness workout. Instructor led dance routines designed to burn calories, tone muscles and boost cardiovascular endurance!

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.

CYCLEX: Not your typical cycling class! During this instructor led workout on stationary bikes you will also incorporate light weights and other movements to maximize your cardio workout.

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.

TOTAL BODY BURN: This class targets both strength and cardio. Workouts designed to build muscle while also incorporating cardio through various methods such as cycling, running, rowing, tabata and more.

ABS CLASS: A fun packed 30 mins designed to tone, build and strengthen the abdominal muscles.

AGELESS FITNESS: Multi-level exercises that includes a variety of exercises and equipment. Friendly atmosphere appropriate for every level of fitness. Ideal warm up before and stretching at the end of each class.

SCULPT AND STRETCH: The first 15 mins of this class will work on fatiguing a few muscle groups, the remainder of the class the instructor will lead you through various dynamic and static stretches geared to work on the muscular imbalances that happen as a result of workouts, and will have your body feeling recharged and ready to take on the day!

CIRCUIT TRAINING/TABATA: Tabata and circuit training are a type of training that involves rotating between several exercises that target different muscle groups with minimal rest in between. It's ideal for those looking for a quick, effective, full-body workout.

CORE & MORE: During this 30 minute class you will use a variety of equipment such as yoga balls, dumbbells and medicine balls while targeting the abdominal muscles. Appropriate for all ages and skill levels!

FUNDAMENTAL MOVEMENT: A low-impact, low-intensity class focused on muscle gain, mobility, balance, and flexibility while working through the fundamental movements of exercise- squatting, hip hinge, pulling motions, pushing motions, and vertical pressing.

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!