



Genesee County YMCA

# GROUP EXERCISE SCHEDULE

February 2024 Schedule

| SUNDAY | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|--------|---|---|---|---|--|---|
|        | <b>Sculpt and Stretch</b><br>5:45-6:15 AM<br>Michelle W.<br>Group Ex Room               | <b>Group Cycling</b><br>6:00-6:30 AM<br>Carol<br>Cycle Room                 | <b>Interval Training</b><br>5:40-6:30 AM<br>Michelle W.<br>Group Ex Room                | <b>Group Cycling</b><br>6:00-6:30 AM<br>Carol<br>Cycle Room                     | <b>Interval Training</b><br>5:40-6:30 AM<br>Michelle<br>Group Ex Room    |   |
|        | <b>Group Cycling</b><br>6:30-7:00 AM<br>Michelle W.<br>Cycle Room                       |   | <b>Group Cycling</b><br>8:00-8:45 AM<br>Julia<br>Cycle Room                             |   | <b>Abs Class</b><br>8:00-8:30 AM<br>Alyssa<br>Multi-Purpose Room         |   |
|        | <b>Fundamental Movement</b><br>8:15-9:00 AM<br>Alyssa<br>Multi-Purpose Room             | <b>Circuit Training/ Tabata</b><br>9:00-10:00 AM<br>Alyssa<br>Group Ex Room | <b>Core &amp; More</b><br>9:00-9:30 AM<br>Julia<br>Multi-Purpose Room                   | <b>Interval Training</b><br>8:30-9:30 AM<br>Julia<br>Group Ex Room              | <b>Interval Training</b><br>8:30-9:30 AM<br>Alyssa<br>Multi-Purpose Room | <b>Group Cycling</b><br>8:00-8:45 AM<br>Michelle W.<br>Cycle Room                       |
|        | <b>Zoom Dance</b><br>9:00-9:30 AM<br>Becky<br>Group Ex Room                             |   | <b>Zoom Dance</b><br>9:00-9:30 AM<br>Becky<br>Group Ex Room                             |   |  |   |
|        | <b>SILVER&amp;FIT<sup>®</sup> EXPERIENCE</b><br>9:45-10:45 AM<br>Becky<br>Group Ex Room |   | <b>SILVER&amp;FIT<sup>®</sup> EXPERIENCE</b><br>9:45-10:45 AM<br>Becky<br>Group Ex Room | <b>Ageless Fitness</b><br>9:45-10:45 AM<br>Julia<br>Group Ex Room               | <b>Zoom Dance</b><br>8:30-9:30 AM<br>Becky<br>Group Ex Room              | <b>HIIT (High Intensity Interval Training)</b><br>9:15-10:15 AM<br>Amy<br>Group Ex Room |
|        | <b>Pilates – All Levels</b><br>11:00-12:00 PM<br>Becky<br>Group Ex Room                 |   |   |   |  | <b>ZUMBA<sup>®</sup></b><br>10:30-11:30 AM<br>Heather/Heidi<br>Group Ex Room            |
|        |   | <b>Abs Class</b><br>4:45-5:10 PM<br>Alyssa<br>Group Ex Room                 |   | <b>Abs Class</b><br>4:45-5:10 PM<br>Alyssa<br>Group Ex Room                     |  |   |
|        |   | <b>Total Body Burn</b><br>5:10-6:00 PM<br>Alyssa<br>Group Ex Room           | <b>Group Cycling</b><br>5:00-5:45 PM<br>Amy<br>Cycle Room                               | <b>Total Body Burn</b><br>5:10-6:00 PM<br>Alyssa<br>Group Ex Room               |  |   |
|        | <b>CycleX</b><br>5:15-6:00 PM<br>Wendy<br>Cycle Room                                    |   |   | <b>Open Level Vinyasa Yoga</b><br>5:30-6:30 PM<br>Kenneth<br>Multi-Purpose Room |  |   |
|        | <b>Pilates – All Levels</b><br>6:00-7:00 PM<br>Lori<br>Group Ex Room                    | <b>Dance Fusion</b><br>6:30-7:30 PM<br>Liz<br>Group Ex Room                 | <b>Pilates – All Levels</b><br>6:00-7:00 PM<br>Lori<br>Group Ex Room                    | <b>ZUMBA<sup>®</sup></b><br>6:30-7:30 PM<br>Heather<br>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.

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