



Genesee County YMCA
GROUP EXERCISE SCHEDULE
 September 2024 Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Interval Training 5:40-6:30 AM Marianne Group Ex Room	Group Cycling 6:00-6:30 AM Carol Cycle Room	Interval Training 5:40-6:30 AM Michelle B. Group Ex Room	Group Cycling 6:00-6:30 AM Carol Cycle Room	Interval Training 5:40-6:30 AM Michelle B./Julia Group Ex Room	
			Group Cycling 8:00-8:45 AM Julia Cycle Room			Group Cycling 8:00-8:30 AM Michelle W. Cycle Room
	Walk with the Y 8:00-9:00 AM Alyssa Front Desk/Lobby	Circuit Training/ Tabata 8:30-9:30 AM Alyssa Group Ex Room	Core & More 9:00-9:30 AM Julia Multi-Purpose Room	Interval Training 8:30-9:30 AM Julia Group Ex Room	Interval Training 8:30-9:30 AM Alyssa Multi-Purpose Room	Cardio Drumming 8:40-9:00 AM Michelle W. Group Ex 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	Walk with the Y 9:30-10:30 AM Alyssa Front Desk/Lobby	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	SILVER&FIT[®] EXPERIENCE 9:45-10:45 AM Cathy Group Ex Room			Walk with the Y 9:30-10:30 AM Alyssa Front Desk/Lobby	ZUMBA® 10:30-11:30 AM Heidi Group Ex Room
	Water X 11:00-12:00 PM Diane Pool	Shallow Water X 11:00-12:00 PM Karen Pool <i>*sign-up required*</i>	Water X 11:00-12:00 PM Diane Pool	Shallow Water X 11:00-12:00 PM Karen Pool <i>*sign-up required*</i>	Water X 11:00-12:00 PM Diane/Karen Pool	
		Cardio Drumming 4:45-5:00 PM Michelle W. Multi-Purpose Room	Abs Class 4:45-5:00 PM Amy Cycle Room			
		Total Body Burn 5:00-6:00 PM Kate Group Ex Room	Group Cycling 5:00-5:45 PM Amy Cycle Room	Total Body Burn 5:00-6:00 PM Kate 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 Heidi Group Ex Room		
		Water X 7:00-8:00 PM Lori Pool		Water X 7:00-8:00 PM Lori Pool		

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.

WALK WITH THE Y: The YMCA walking class meets a few times a week for a leisurely hour walk around Batavia. This class meets at the Front Desk/Lobby Area and then heads outside for fresh air, exercise and conversation. (This class is weather permitting, class will be canceled for rain, high wind, storms, etc.)

CARDIO DRUMMING: Cardio drumming is a new and growing fitness trend that uses drum sticks and stability balls; it combines creativity and fitness to give you an exciting aerobic workout. This can be done standing or seated which makes this a fun class for everyone!

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.

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!

Aquatics

WATER X: Make a Splash with low impact but high energy water exercise class. Let the instructor lead you through exercises utilizing the resistance of the water.

SHALLOW WATER X: This class packs a punch without ever leaving the shallow end of the pool. Let the water ease the pressure on your joints while still receiving a full workout. Call or check in with the front desk staff to reserve your spot for this very popular class.

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