

# HALE YMCA YOUTH AND FAMILY CENTER – GROUP EXERCISE SCHEDULE

860.315.9622 – HaleYMCA.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Winter**  
**1/20/20–4/4/20**

GROUP EXERCISE STUDIO A

STUDIO B

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>MIXFIT - Bri</b> 5:15-6:00am		<b>LIFT-Bri</b> 5:15-6:00am			
	<b>BODYPUMP</b> — Jenn 6:00-6:30am		<b>BODYCOMBAT</b> — Erin 5:15-6:00a		<b>MIXFIT - Bri</b> 6:15-7:10am	<b>INSANITY— SARAH</b> 7:30-8:20am	<b>BODYPUMP/COMBAT</b> 30/30 Melissa/Erin/Jenn 7:15-8:15am
	<b>PILATES</b> —Mel 8:15-9:00am		<b>MIXFIT - Bri</b> 6:15-7:10am	<b>LIFT-Bri</b> 8:15-9:00am	<b>PILATES—Tina</b> 8:45-9:30am	<b>ZUMBA (TONE)</b> Sarah/Jaimee 8:30-9:20am	<b>STRETCH &amp; MOBILITY -</b> Autumn 8:30-9:15am
	<b>ZUMBA</b> —Jamie 9:15-10:10am	<b>BODYCOMBAT</b> — Jenn 9:15-10:00am		<b>ZUMBA—Mel</b> 9:15-10:10am		<b>BOSU- Bri</b> 9:30-10:20am	<b>ZUMBA GOLD— SARAH</b> 9:30-10:15am
	<b>BODYPUMP</b> —Jenn 10:15-11:15am	<b>T.A.G.</b> - Christina 10:00-10:30am	<b>LIFT- Bri</b> 9:00-9:55am	<b>CHAIR YOGA</b> - Michelle 10:30-11:15am	<b>BODYPUMP - Jenn</b> 10:00-11:00am	<b>GENTLE YOGA—Rhonda</b> 10:30-11:45am	<b>BODYPUMP</b> — Melissa/Erin 10:30-11:30am
	<b>BALLETONE</b> — Mel 11:30-12:30pm		<b>STEP</b> — Christina 10:00-10:45am	<b>VINYASA YOGA</b> —Michelle 11:30-12:45pm	<b>VINYASA YOGA—Mary</b> 11:30-12:45pm		
		<b>VINYASA YOGA</b> — Michelle 12:30-1:45pm					
	<b>ZUMBA</b> —Jaimee 4:30-5:20pm	<b>HIIT</b> —Nicole 4:30-5:20pm	<b>PILATES/BOSU</b> — Nicole 4:30-5:20pm	<b>BODYCOMBAT</b> —Jaimee 4:30-5:20pm	<b>HIIT</b> —Nicole 4:30-5:20pm		
	<b>BODYPUMP</b> — Jaimee 5:30-6:30pm	<b>BODYCOMBAT</b> - Melissa 5:30-6:15pm	<b>LIFT</b> — Nicole 5:30-6:30pm	<b>ZUMBA</b> —Martha 5:30-6:30pm	<b>BODYPUMP</b> Melissa/Erin 5:30-6:30pm		
	<b>POUND</b> - Renee 6:45-7:30pm	<b>STRETCH &amp; MOBILITY</b> - Autumn 6:30-7:15pm	<b>POUND</b> —Renee 6:45-7:30	<b>GENTLE YOGA</b> —Bonny 6:45-8:00pm			
	<b>GROUP CYCLE</b> —Earl 5:15-6:00am		<b>GROUP CYCLE - Earl</b> 5:30-6:15am	<b>TRX EXPRESS</b> — Earl 5:30-6:00am	<b>GROUP CYCLE - Jenn</b> 5:15-6:15am	<b>GROUP CYCLE STRENGTH-</b> Nicole 7:30-8:20am	Yellow highlighted classes require pre- registration due to limited space or equipment. All Cycle and TRX classes require Pre- registration. Regis- ter on: <a href="http://supersaas.com/schedule/hale_ymca/save_my_spot">http:// supersaas.com/ schedule/hale_ymca/ save_my_spot</a>
		<b>CYCLE EXPRESS</b> — Jenn 8:30-9:00am	<b>GROUP CYCLE - Jenn</b> 8:30-9:00am	<b>TRX EXPRESS</b> — Tina 830-9:00am			
	<b>TRX EXPRESS</b> — Christina 5:30-6:00pm	<b>GROUP CYCLE</b> - Nicole 5:30-6:20pm	<b>TRX EXPRESS</b> — Stacy 5:30-6:00pm	<b>GROUP CYCLE</b> —Nicole 5:30-6:20pm			

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**Winter**  
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GYMNASIUM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>PICKLEBALL</b> 8:00-10:00am		<b>PICKLEBALL</b> 8:00-10:00am			
<b>SENIOR CARDIO—Cindy</b> 10:15-11:00am		<b>BOOM MOVE—Martha</b> 10:15-11:15am	<b>SENIOR STRENGTH &amp; BALANCE—Cindy</b> 10:15-11:00am	<b>SENIOR STRENGTH &amp; BALANCE—Debbie</b> 10:15-11:00am		
<b>PICKLEBALL</b> 11:30-2:30m	<b>ZUMBA GOLD—Mel</b> 10:45-11:30am	<b>PICKLEBALL</b> 11:30-2:30m		<b>PICKLEBALL</b> 11:30-2:30m		

POOL

<b>AQUA FITNESS—Cindy</b> 8:00-8:55am		<b>AQUA FITNESS—Cindy</b> 8:00-8:55am		<b>AQUA FITNESS—Cindy</b> 8:00-8:55am		
	<b>AQUA FITNESS—Cindy</b> 9:00-9:55am		<b>AQUA FITNESS—Kattie</b> 9:00-9:55pm			
<b>SILVER SNEAKERS SPLASH</b> Cindy 12:00-12:45pm	<b>GENTLE JOINTS</b> Debbie 12:00-12:45pm	<b>SILVER SNEAKERS SPLASH</b> Debbie 12:00-12:45pm	<b>GENTLE JOINTS</b> Mel 12:00-12:45pm	<b>SILVER SNEAKERS SPLASH</b> Debbie 12:00-12:45pm		
	<b>AQUA FITNESS—Dawn</b> 5:30-6:30pm	<b>AQUA ZUMBA—Sarah</b> 6:30-7:30pm	<b>AQUA FITNESS—Melissa</b> 5:30-6:30pm			



## CLASS DESCRIPTIONS

#### AQUA FITNESS (B)

Aqua fitness provides a combination of cardio and strength conditioning with low impact on your joints. Participation in the class will improve cardiovascular endurance and muscle strength.

#### BALLETONE (I)

This barefoot conditioning class blends fitness with ballet and yoga to create balance, flexibility and strength challenges.

#### BODYCOMBAT (I)

**BODYCOMBAT** a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. 30/45/55 min options.

#### BODYPUMP (I)

**BODYPUMP™** is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, **BODYPUMP** gives you a total **body** workout.

#### BOOM MOVE(B)

**MOVE** is all about breaking a sweat and having fun. The **class** focuses on cardio endurance by starting with simple dance **moves** then building into more complex sequences, bringing you a great cardio workout.

#### BOSU (A)

BOSU is an acronym for "both sides up," this class is multidimensional training class that integrates core strength, balance, coordination and resistance training in a fun-filled and challenging workout.

#### GROUP CYCLE (I)

A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat. Offered in Express and Cycle Strength options.

#### GENTLE JOINTS (B)

This class uses a gentle range of motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyance and gentle resistance of an aquatic environment.

#### GENTLE YOGA (B)

Perfect for all levels, this practice focuses the healing art Yoga on the student, while remaining deeply rooted of the vast treasury of the spirituality & wisdom within the yoga tradition.

#### HIIT (A)

HIIT is a form of interval training alternating periods of short intense exercise with less intense recovery periods. Improve athletic conditioning, fat burning, and glucose metabolism.

#### INSANITY (A)

INSANITY is a cardio class based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape -- levels of each exercise are provided.

#### LIFT (I)

LIFT is a powerful strength and conditioning class that uses a variety of equipment to strengthen and tone all your major groups. It is the closest you can come to a personal training session without paying for one.

Purple classes are cycling classes

Orange classes are non-cycle membership-included group classes

BLUE classes are lap pool classes.

PINK classes are warm water pool.

Green classes are for Active Older Adult Adults

"B"  
Beginner classes, for all levels

"I"  
Intermediate level classes

"A"  
Advanced classes



## CLASS DESCRIPTIONS

- MIXFIT (A)** Cardio and Strength combined. This trainer-led circuit class targets aerobic fitness and muscular endurance simultaneously.
- PILATES (I)** Innovative mind/body exercises that dramatically transforms the way you body looks, feels and performs.
- POUND (I)** Fuses full-body cardio interval training and conditioning with drumming to provide a challenging, heart pumping workout that gives you the permission to rock using lightly weighted drumsticks.
- SENIOR CARDIO (B)** A Cardio Class for Active Seniors or those brand new to fitness. Lower cardio intensity options and no core floor work will raise heart rates for a total body workout, including cardio endurance.
- SENIOR STRENGTH&BALANCE (B)** A perfect fit for the beginner or anyone looking to improve flexibility and strength, two factors that have been proven to help reduce falls and improve balance.
- SILVER SNEAKERS SPLASH (B)** A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers.
- STRETCH & MOBILITY (B)** Simple, basic stretches and gentle movements that will help to increase your range of motion and flexibility, reduce body aches and stress improving your overall posture and increasing blood flow throughout the body.
- T.A.G. (I)** Tone and strengthen the core and lower body, specifically isolating the Thighs, Abs, hips, and Glutes.
- VINYASA YOGA (I)** A dynamic and fluid Yoga style in which a specific sequence of breath-synchronized movements is used to transition between sustained postures. By emphasizing the breath throughout the Yoga practice the intention is one of a relaxed and rejuvenated mind and body.
- ZUMBA (I)** Zumba® consists of Latin rhythms with cardio exercise to create an aerobic routine that is fun and easy to follow. The name Zumba® is derived from a Columbian word meaning to move fast and have fun.
- ZUMBA GOLD (B)** Zumba Gold is a low-impact dance fitness class perfect for all fitness levels. Ideal for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.
- ZUMBA TONE (I)** A blend of body-sculpting techniques and specific Zumba moves in one calorie-burning, strength-training class. Use a weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone.

Purple classes are cycling classes

Orange classes are non-cycle membership-included group classes

BLUE classes are pool classes.

PINK classes are warm water pool.

Green classes are for Active Older Adult Adults

“B”  
Beginner classes,  
for all levels

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