



# JANUARY 2024 SCHEDULE BAXTER CLOSE YMCA

EFFECTIVE  
JANUARY 1

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am	Group Ex Room	Muscle Blast Silvia (45 min)			Yoga Tammy (60 min)	HIRT Silvia (45 min)	FOLLOW US ON INSTAGRAM @baxtercloseymca  Boot Camp Sat. Rotation: 1/6—Kim K 1/13—Janet 1/20—Lori G 1/27—Alicia
	Gym			HIRT Lori H (45 min)			
	Cycle Studio		Cycle Rachael (45 min)			Cycle Rachael (45 min)	
7:00am	Group Ex Room		Hatha Yoga Lisa P (60 min)				
8:15 am	Group Ex Room	HIRT Paige (45 min)	Muscle Blast Kim K (45 min)	Gentle Yoga Ann (60 min)	HIRT Denise (45 min)	Muscle Blast Melanie (60 min)	
8:30 am	Group Ex Room						Boot Camp See Above (45 min)
	Cycle Studio						Cycle Soul Ride Tonya (45 min)
	Studio X	STUDIO X IS COMING SOON!					NEW TIME CardioFunk See Below (60 min)
9:15 am	Group Ex Room	CardioFunk Marcea (45 min)	Barre Julie (60 min)				CardioFunk Saturday Rotation: 1/6—NOCLASS 1/13—Steph 1/20—Karla 1/27—Karla
	Gym			Zumba Dominique (60 min)		CardioFunk Steph (60 min)	
9:30 am	Group Ex Room			HIRT Beth (45 min)	PiYo Julie (60 min)	Barre Jillian (45 min)	DanceFit Over 50 Pantja (45 min)
	Studio X	STUDIO X IS COMING SOON!					
	Cycle Studio	Cycle Bo (45 min)	Cycle Melanie (45 min)	Cycle Luke (45 min)	Cycle Missy (45 min)	Cycle Stephen (45 min)	Cycle See Below (45 min)
10:30 am	Group Ex Room	Fit Over 50 Christine (45 min)	Fit Over 60 Julie (45 min)	Deep Stretch Sabina (45 min)		Fit Over 50 Denise (45 min)	Power Yoga Lidia/Nurty (75 min)
	Studio X	STUDIO X IS COMING SOON!					
10:45 am	Group Ex Room				Mixed Levels Yoga Terri (60 min)		
11:30 am	Group Ex Room	Fit Over 60 Christine (45 min)	DanceFit over 50 Pantja (45 min)	Silver Sneakers Classic Denise (45 min)			Cycle Saturday Rotation: 1/6—Shaw 1/13—Cheryl 1/20—Shaw 1/27—Shaw
12:00pm	Group Ex Room				Fit Over 60 Melanie (45 min)		
12:30 pm	Group Ex Room	Simply Stretch Christine (30 min)		Simply Stretch Denise (30 min)			



## BASIC ZONE

Classes are for those seeking a **moderate** workout with basic moves and a comfortable atmosphere.



## ALL LEVELS ZONE

Classes are for those seeking a **slightly, more intense** workout with focus on the four components of fitness.



## ADVANCED ZONE

Classes are for those seeking a **rigorous** workout for improvements in the four components of fitness.

## SCHEDULE KEY:



CHANGED TIME/DAY OR  
LOCATION/INSTRUCTOR



NEW CLASS




TICKETS REQUIRED FOR ENTRY  
(Available 30 min before class)

If you have any questions, concerns, or want to suggest a class,  
please contact Beth Evansek at: [bethevansek@ymcaup.org](mailto:bethevansek@ymcaup.org)

The next schedule will be released on or before January 26

All classes, except Cycle and Dance based classes, require a mat.  
Please bring your own mat to all classes!

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00 pm	Group Ex Room				Simply Stretch Melanie (30 min)	<div> Group Ex classes that have a  </div> <p>require a ticket from the fitness desk for entry.</p> <p>Tickets are available for 30 minutes before the class begins.</p> <p>Only one ticket per person (you cannot take a ticket for another member)</p> <p>Tickets are first come, first serve.</p>	1:15pm Cycle See Below(45 min)	
4:15 pm	Group Ex Room		Step `n Sculpt Christine (45 min)		Muscle Blast Denise (45 min)		Mixed Levels Yoga Jolene/Nurten (60 min)	
5:15 pm	Group Ex Room	HIRT Bonnie (45 min)	HIRT Trish (45 min)		Athletic Conditioning Denise (45 min)			
5:30 pm	Group Ex Room			Zumba Toning Jaime (50 min)				
6:00pm	Group Ex Room	Barre Flow Gray (45 min)						
6:30 pm	Group Ex Room		Pilates Barbie (60 min)	Muscle Blast Trish (45 min)	Vinyasa Progressive Flow Lidia (60 min)			
	Cycle Studio	Cycle Arnold (45 min)	Cycle Quiana (45 min)					
7:00 pm	Group Ex Room	Zumba Trellis (60 min)						Sunday 1:15pm Cycle Rotation: 1/7—Cheryl 1/14—Stephen 1/21—Cheryl 1/28—Stephen

DANCEFIT OVER 50

**DanceFit over 50:** Dance-based cardio class designed to increase your cardio endurance with up-tempo music. This class is designed for the active older adult or the true beginner.

DEEP STRETCH

**Deep Stretch:** Improve joint flexibility and help re-lubricate joints through a quiet, meditative practice of deeply held postures. This is a perfect complement to your athletic endeavors to give you greater flexibility and help prevent injuries.

GENTLE YOGA

**Gentle Yoga:** : This is a restful, calming class that will include breath work, flowing movements, passive and supported poses. This class is suitable for all levels, great for beginners and those with limited mobility.

SIMPLY STRETCH

**Simply Stretch:** This class is designed for our Active Adults to perform stretching exercises while seated in a chair.

SILVER SNEAKERS CLASSIC

**Silver Sneakers Classic:** Move to the music through a variety of exercises designed to increase your muscular strength, balance, range of motion, and improve your daily activity. Hand weights, bands, balls, and a chair are used in this class.

BARRE

**Barre:** Strengthen your core by utilizing ballet movements and intelligent isometric moves.

CARDIOFUNK

**CardioFunk:** a dance based fitness class that provides high energy cardio interval movements to fun and energetic music.

CYCLE

**Cycle:** This class welcomes all fitness levels! This class can be modified for beginners and intensified for intermediate to advanced participants. It is your ride! Make the most of it!

FIT OVER 50

**Fit Over 50:** A class designed uniquely for members over 50. This class will work on strength, flexibility and endurance.

MIXED LEVELS YOGA

**Mixed Levels Yoga:** This Hatha style (a series of 26 poses) class is a blend of vinyasa, and yin yoga with meditation at the beginning and end of class. Focused on integration of movement, alignment, and breath.

MUSCLE BLAST

**Muscle Blast:** Blast each major muscle group with this full body burning workout. This strength based class will include bodyweight, weighted and resistance training exercise.

PILATES

**Pilates:** Working from the core outward, you will progress from beginning to intermediate exercises, improving your strength, flexibility and balance. Learn skills to achieve balance and flexibility through mat work developed by Joseph Pilates.

STEP N SCULPT

**Step N Sculpt:** Heart-pumping step aerobics routines combined with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross training class for all skill and fitness levels.

VINYASA PROGRESVE FLOW

**Vinyasa Progressive Flow:** Style of yoga which strings postures together so that you move from one to another, seamlessly, using breath. The variable nature helps to develop a balanced body and prevent repetitive motion injuries.

ZUMBA

**Zumba ®:** Join the party! Dance and exercise to lively Latin music with moves like the merengue, cha-cha, and more

**Zumba Toning ®:** Combines targeted body sculpting exercises and high energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance fitness party. Light hand weights and/or Zumba toning sticks.

ATHLETIC CONDITIONING

**Athletic Conditioning:** A TOTAL BODY workout combining elements of explosive cardio, strength, speed, balance, agility, core conditioning, and FUN!! Classes vary each week using different count combinations, equipment, and techniques.

BOOT CAMP

**Boot Camp:** A high intensity strength, endurance and fitness training through a variety of intervals/drills.

HIRT

**HIRT:** High Intensity Resistance Training, alternates core strength, weight training, and cardio bursts for a high intensity workout. You will increase your basal metabolic rate and burn tons of calories!

POWER YOGA

**Power Yoga:** a system of practice used to create balance on all the layers of self (physical, energetic, emotional and mental) using the three main threads of yoga practice: body, breath, and mind.