



FEBRUARY 2024 SCHEDULE BAXTER CLOSE YMCA

EFFECTIVE
FEB 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
	Gym			HIRT Lori H (45 min)			
	Cycle Studio		Cycle Rachael (45 min)			Cycle Rachael (45 min)	Boot Camp Sat. Rotation: 2/3—Elizabeth 2/10—Kim K 2/17—Alicia 2/24—Lori G
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)	
	Studio X	NEW CLASSES COMING SOON!					
8:30 am	Group Ex Room						Boot Camp See Above (45 min)
	Cycle Studio						Cycle Soul Ride Tonya (45 min)
	Studio X					NEW TIME	CardioFunk See Below (60 min)
9:15 am	Group Ex Room	CardioFunk Marcea (45 min)	Barre Julie (60 min)				CardioFunk Saturday Rotation: 2/3—NOCLASS 2/10—Dominique 2/17—Amanda 2/24—Karla
	Gym			Zumba Dominique (60 min)		MixedFit 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	NEW CLASSES 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						
10:45 am	Group Ex Room				Mixed Levels Yoga Terri (60 min)		Cycle Saturday Rotation: 2/3—Cheryl 2/10—Bo 2/17—Shaw 2/24—LeCenia
11:30 am	Group Ex Room	Fit Over 60 Christine (45 min)	DanceFit over 50 Pantja (45 min)	Silver Sneakers Classic Denise (45 min)			
12:00pm	Group Ex Room				Fit Over 60 Melanie (45 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

The next schedule will be released on or before February 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
12:30 pm	Group Ex Room	Simply Stretch Christine (30 min)		Simply Stretch Denise (30 min)		<div>Group Ex classes that have a </div> <div>require a ticket from the fitness desk for entry.</div> <div>Tickets are available for 30 minutes before the class begins.</div> <div>Only one ticket per person (you cannot take a ticket for another member)</div> <div>Tickets are first come, first serve.</div>		
1:00 pm	Group Ex Room				Simply Stretch Melanie (30 min)		1:15pm Cycle See Below(45 min)	
4:15 pm	Group Ex Room				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			
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)			Sunday 1:15pm Cycle Rotation: 2/4—Cheryl 2/11—Stephen 2/18—Cheryl 2/25—Stephen
	Cycle Studio	Cycle Arnold (45 min)	Cycle Quiana (45 min)					
7:00 pm	Group Ex Room	Zumba Trellis (60 min)						

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.

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.