




GROUP EXERCISE SCHEDULE GREGORY FAMILY YMCA

EFFECTIVE
4/15/24


Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	Group Ex Room	Zumba Gold Melissa (45 min)		Boom Move Melissa (45 min)		Circuit Training Hicunni (45 min)	Zumba Rotation (45 min)
9:45 am	Group Ex Room		CIRCL Mobility Hicunni (45 min)		Zumba Hicunni (1 hour)		
10:00 am	Group Ex Room					Bare Your Soul Tammy (45 min)	Yoga/CIRCL Mobility Rotation (45 min)
10:30 am	Group Ex Room	T'ai Chi Earl (1 hour)		T'ai Chi Earl (1 hour)			
10:45 am	Group Ex Room					Simply Stretch Tammy (45 mins)	
12:00 pm	Group Ex Room		Vinyasa Yoga Melissa (45 mins)		Chair Yoga Melissa (45 mins)		
1:45 pm	Group Ex Room		T'ai Chi Earl (1 hour)				
4:00 pm	Group Ex Room		Line Dancing Dianne (1 hour)				
5:30 pm	Group Ex Room	Circuit Training Melissa (45 min)	Zumba Melissa (45 min)	Circuit Training Melissa (45 min)		Circuit Training Melissa (45 min)	
5:30 pm	Cycle Studio				Cycling Kori (45 min)		
6:15 pm	Group Ex Room	Yoga Melissa (45 min)		Yoga Melissa (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:

 **NEW CLASS**  **UPDATED DAY/TIME**

ANY QUESTIONS? PLEASE CONTACT:
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 E carolinepoovey@ymcaup.org

CLASS DESCRIPTIONS

BARE YOUR SOUL

Bare Your Soul: We all use muscles to some degree – some more than others. Our feet are the most abused and most overlooked area of our body. Muscles get tight and need to stretch. Exploring basic stretching, self-myofascial release, massage, and limbering movements. Bring a towel and your favorite lotion/crème. Come ready to take your shoes off and work those tired puppies.

BOOM MOVE

Boom Move: A higher intensity dance workout class that improves cardio endurance and burns calories. 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.

CHAIR YOGA

Chair Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

CIRCL MOBILITY

CIRCL Mobility: Whether you're a fitness enthusiast, a busy mom, or a 9-5er, CIRCL Mobility helps you release stress, restore your range of motion, and renew your ability to move better, longer.

CIRCUIT TRAINING

Circuit Training: 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. Different ability levels work within goal ranges according to each timed segment. Tiered options and modifications provided!

CYCLING

Cycling: Incorporating the art of music, rhythm, and RPM into your workout. Indoor cycling is a non-impact, highly effective way to build cardiovascular strength and endurance. Indoor cycling is designed for all fitness levels!

LINE DANCING

Line Dancing: This class is a fun and exciting way to dance your way to good health. This dance class will combine low, moderate, and high energy line dance routines.

SIMPLY STRETCH

Simply Stretch: This is designed to improve strength, balance coordination, posture, and flexibility. Your body will love you after this class!

T'ai Chi

T'ai Chi: An art embracing spirit, mind, and body – health-promoting exercise in Chinese tradition. The flowing, rhythmic movements increase strength of the muscles and joints, improve flexibility and reduce stress. Please note, there are three different levels of this class.

VINYASA

Vinyasa: This flow class is a system of practice used to create balance on all layers of self (physical, energetic, emotional, and mental) using the three main threads of yoga practice.

YOGA

Yoga: This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. As a participant you will gain strength, flexibility, balance, and toning by using yoga poses to target all muscle groups and joints.

ZUMBA

Zumba: Shake it up and sweat in this fun high-energy class that includes various dance and cultural influences.

ZUMBA GOLD

Zumba Gold: An innovative, fun, and exciting program. Zumba Gold was designed for the active older adult, the true beginner, and/or people who may be limited physically.