



Group Exercise Schedule

February 2022

Monday:

5:15a-6:15a STRONG Nation-Suzanne
8:30a-9:30a Circuits-Lori
10:00a-11:00a Slow Flow Yoga-Becky
5:15p-5:45p Kettlebells-Heather
6:00p-7:00p Butts & Guts-Donna

Tuesday:

5:15a-6:15a Boot Camp-Caitlin
8:30a-9:30a RIP-Raelene
9:05a-10:00a Aqua Strength-Heather
9:45a-10:30 Restore & Stretch-Raelene
4:30p-5:15p Barre Fit-Molly
5:30p-6:30p RIP-Becky
6:45p-7:30p Restorative Yoga-Holly

Wednesday:

5:45a-6:45a Stretch Fusion-Heather
10:15a-11:00a Slow Flow Yoga-Rhea
10:15a-11:00a Aqua Cardio-Heather
11:15a-12:15p Circuits- Lori
5:00-5:45 Adult Karate (\$)
5:15p-6:00p STRONG Nation-Raelene
6:15p-7:15p Slow Flow Yoga-Holly

Thursday:

5:15a-6:15a Core De Force-Caitlin
9:00a-10:00a Power Step-Suzanne
9:05a-10:00a Aqua Strength-Heather
4:30p-5:15p Barre Fit-Dana
5:30p-6:30p RIP-Jerry
6:45-7:45p Barre Fit- Thea

Friday:

5:30a-6:15a Total Conditioning-Jerry
8:30a-9:30a RIP-Becky
9:45a-10:30a Cardio Dance-Heather
11:00-12:00 Insanity-Caitlin
4:30-5:30p RIP-Raelene
5:45-6:45p Zumba-Raelene

Saturday:

7:30a-8:15a Adult Karate (\$)
9:45a-10:45a Yoga I-Becky
11:00a-12:00p Barre Fit-Molly/Dana

Sunday:

9:15a-10:15a RIP-Raelene
10:30a-11:00a STRONG30-Amber
11:15a-12:00p Aqua Zumba-Amber

GX classes are open to active members (13+). Pre-registration required. Register online at www.northfieldymca.org or by emailing anne@northfieldymca.org. "\$" Indicates a class with an additional fee
Questions? Call 507-645-0088 or email Anne at: anne@northfieldymca.org



Adult Karate: This 6-week course concentrates on proper punches, kicks and blocks in a non-contact format. This mind-body practice focuses on building strength and self-discipline. Open to all experience levels.

Aqua Cardio Strength: Get your heart rate up with a low-impact, full body workout in the pool.

Aqua Cardio Dance: Combine dancing with traditional fitness moves in this total body, low-impact workout!

Aqua Zumba: A mix of low-intensity and high-intensity moves for an interval style dance fitness party set to Latin and world rhythms

Barre Fit: Open to all fitness and experience levels, this class uses movements inspired by pilates, dance, yoga and more for a full body toning workout!

Boot Camp: Fast transitions with small rests between sets of strength and cardio moves.

Butts & Guts: A cardio class filled with lower body, abs and lower back exercises to tone, sculpt and strengthen the lower body and core

Cardio Dance Fitness: A mixture of traditional fitness moves and high-energy dancing set to modern pop and hip-hop music.

Circuits: A combination of strength and cardio exercises for a total body workout.

Core De Force: Total body workout inspired by MMA-style training. Using high intensity intervals, this body weight training class focuses on core-centric movement.

Foundations of Yoga: This series will introduce you to the principles of yoga including breath work, strength, balance and stability

Insanity: Using high intensity interval training, this is a total body conditioning workout.

Kettlebells: Firm your glutes, abs, arms and legs with just one piece of equipment- the kettlebell!

Power Step: With a combination of cardio and strength moves, this athletic step training class will challenge you to put your best foot forward!

Restore and Stretch: Flowing between dynamic stretching and holds, this class is for anyone who wishes to improve overall flexibility, foster recovery from other fitness activities, or relax your mind and body.

Restorative Yoga: This class uses props to support the body through longer holds while you focus on physical and emotional relaxation.

RIP: Lift your way to fitness with a strength training program set to music.

Slow Flow Yoga: Beginning with breathwork and gentle openings, this class will move into standing poses, sequencing poses, balances and inversions, and finishes with restorative poses to calm the mind and body.

STRONG Nation: A HIIT program using traditional fitness moves for an athletic-conditioning style workout.

Stretch Fusion: Build strength, endurance and flexibility in this full body workout and stretch. Alternate between interval training and stretch sequences for the best of both worlds!

Total Conditioning: Combine strength and cardio moves for a total body strength and conditioning workout!

Vinyasa Flow Yoga: Link breath to movement as you flow through a variety of postures. Vinyasa flow is a more aerobic yoga class, building strength, endurance, and flexibility.

Yoga 1: Relieve stress, improve balance and increase strength with yoga, where movements and postures are linked together with your breath.

Zumba: A mix of low-intensity and high-intensity moves for an interval style dance fitness party set to Latin and world rhythms

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