



August 2022 Group Exercise Schedule

Monday:

5:15a-6:15a STRONG Nation-Suzanne
7:00a-7:45a Cardio Kickboxing-Heather
8:45a-9:45a Circuits-Lori
10:00a-11:00a Slow Flow Yoga-Deb
4:30-5:15p Zumba-Raelene
5:30p-6:00p Kettlebells-Heather
6:15p-7:00p Butts & Guts-Donna

Tuesday:

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

Wednesday:

5:45a-6:45a Vinyasa Flow Yoga-Deb
7:00-7:45a Shred it-Jerry
8:45a-9:45a Circuits- Lori
9:15a-10:00a Aqua Cardio-Heather
10:00a-11:00a Slow Flow Yoga-Deb
5:15p-6:00p STRONG Nation-Raelene
6:15p-7:15p Barre Fit-Thea

Thursday:

5:15a-6:15a Core De Force-Caitlin J.
8:05a-9:00a Aqua Strength-Heather
8:30a-9:30a Power Step-Suzanne
9:45a-10:30a Stretch Fusion-Heather
4:30p-5:15p Barre Fit-Dana
5:30p-6:30p RIP-Jerry
6:45-7:45p Yin Yoga-Laura

Friday:

5:30a-6:15a Shred It-Jerry
8:30a-9:30a RIP-Becky
9:45a-10:45a Cardio Dance-Heather
5:30p-6:30p Vinyasa Flow Yoga-Caitlin W.

Saturday:

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 recommended. Registration opens each Saturday morning at 9am
Register by phone or online at www.northfieldymca.org

*Call or email to cancel existing reservations
507-645-0088 heather@northfieldymca.org



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 mix of traditional fitness moves and high-energy dancing set to modern pop and hip-hop music.

Cardio Kickboxing: Get your heart rate up in this fast paced class of various kicks, punches and fitness moves

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!

Prenatal Yoga: Enjoy the benefits of relaxation while strengthening the muscles that support your body during pregnancy, birth, and the postpartum period.

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.

Yin Yoga: Reduce stress, increase circulation and improve flexibility with this slow and soothing style of yoga. This deep, meditative stretch is suitable for all levels.

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

Slow Flow Yoga: Improve mindfulness, breathwork, flexibility, balance and strength in a slow rhythm of yoga poses. Your joints and muscles gradually warm up over a longer period and you have more time to perfect your alignment in each pose. Suitable for all levels.

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

Shred It: Total body conditioning focusing on intervals that target every major muscle group and capped off with a metabolic conditioning phase.

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

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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