



October 2022 Group Exercise Schedule

Monday:

5:15a-6:15a STRONG Nation-Suzanne
8:45a-9:45a Circuits-Lori
10:00a-11:00a Slow Flow Yoga-Deb
4:30-5:15p Zumba-Raelene
5:30p-6:15p Butts & Guts-Donna
\$ 6:30p-7:45p Foundations of Yoga

Tuesday:

5:15a-6:15a Boot Camp-Caitlin J
9:05a-10:00a Aqua Strength-Heather
9:45a-10:30 Restore & Stretch-Rhea
4:30p-5:15p Barre Fit-Molly
\$ 5:00p-5:45p Family Karate (in gym)
5:30p-6:30p RIP-Becky
6:45p-7:45p Slow Flow Yoga- Holly

Wednesday:

5:45a-6:45a Vinyasa Flow Yoga-Deb
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
9:00a-10:00a STRONG Nation-Suzanne
9:05a-10:00a Aqua Strength-Heather
10:15a-10:45a Kettlebells-Heather
4:30p-5:15p Barre Fit-Dana
\$ 5:00p-5:45p Family Karate (in gym)
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
5:30-6:30p Vinyasa Flow Yoga-Caitlin W

Saturday:

9:45a-10:45a Yoga I-Becky
11:00a-12:00p Barre Fit-Molly/Dana

Sunday:

9:30a-10:30a RIP- Raelene
10:45a-11:15a STRONG30-Raelene

\$ these classes have a fee for special programming that will run 9/19-10/28. Please see the website or Member Services for more information.

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!

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.

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.

Family Karate: This 6-week session will introduce you to the benefits and techniques of Shotokan-style Karate, including confidence, self-defense, and self-discipline in a non-contact method. All skill-levels invited!

Foundations of Yoga: This 6-week series will introduce you to the principles of yoga including breath work, strength, balance and stability

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

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.

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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