



November 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

Tuesday:

5:15a-6:15a Boot Camp-Caitlin J
9:05a-10:00a 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
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 Dance-Heather
10:00a-11:00a Slow Flow Yoga-Deb
5:15p-6:00p Cardio Dance-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
5:30p-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:

7:45-8:30a RIP or Tabata Strength -
Raelene or Heather
8:45-9:30a Cardio Dance or Kickboxing -
Raelene or Heather
9:45a-10:45a Yoga I-Becky
11:00a-12:00p Barre Fit-Molly or Dana

Check the Google calendar on our website
for up to date class information and format
changes

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.

Cardio Kickboxing: Get your heart rate up and build endurance with various punches, kicks and traditional fitness moves. This class starts interval style, and moves into choreographed fitness/kickboxing set to 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.

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.

Tabata Strength: Build strength and tone muscles in this interval training class using a combination of dumbbells, a kettlebell and your own body weight.

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

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