



# Jan-Mar 2023

## Group Exercise Schedule

### Monday:

5:15a-6:15a STRONG Nation-Suzanne  
8:45a-9:45a Circuits-Lori  
9:05a-10:00a Aqua Yoga-Caitlin W  
10:00a-11:00a Slow Flow Yoga-Deb  
5:30p-6:15p Butts & Guts-Donna  
6:30p-7:30p Jan 2: Intro to Barre-Thea  
\$ 6:30p-7:45p 1/16-2/27  
Foundations of Yoga II-Deb

### Tuesday:

5:15a-6:15a Boot Camp-Caitlin J  
8:30a-9:30a RIP-Raelene or Becky  
9:45a-10:30 Restore & Stretch-  
Raelene or Rhea  
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  
9:05a-10:00a Aqua Cardio Strength-Anna  
10:00a-11:00a Slow Flow Yoga-Deb  
4:30p-5:15p Cardio Dance-Raelene  
5:30-6:30p Barre Fit-Thea  
6:45-7:30p Kettlebells &  
Foam Rolling Stretch -Heather

### Thursday:

5:15a-6:15a Core De Force-Caitlin J  
9:00a-10:00a STRONG Nation-Suzanne  
10:15a-11:00a Kettlebells &  
Foam Rolling Stretch-Brianne  
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  
9:45-10:45a Yoga Flow-Becky

### 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](http://www.northfieldymca.org)

**\*Call or email to cancel existing reservations**

507-645-0088 [anne@northfieldymca.org](mailto:anne@northfieldymca.org)



**Intro Classes:** Never been to a class before? Would you like to know what to expect? Register for an Intro Class and we will go through the basics slowly, so you can feel more comfortable joining other classes

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

**Aqua Yoga:** Relieve stress, improve balance and increase strength with yoga in the water

**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 and Foam Roller Stretch:** Firm your glutes, abs, arms and legs with just one piece of equipment: the kettlebell. Then we'll spend the last few minutes of class stretching and foam rolling, which relieves muscle tension and improves circulation.

**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.

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](http://www.northfieldymca.org)

**\*Call or email to cancel existing reservations**

507-645-0088 [anne@northfieldymca.org](mailto:anne@northfieldymca.org)



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](http://www.northfieldymca.org)

**\*Call or email to cancel existing reservations**

507-645-0088 [anne@northfieldymca.org](mailto:anne@northfieldymca.org)