



## July-August 2023 Group Exercise Schedule

### Monday:

5:15a-5:45a Transform-Caitlin J  
5:50a-6:20a Core Circuits-Caitlin J  
8:45a-9:45a Circuits-Lori  
10:00a-11:00a Slow Flow Yoga-Deb  
5:30p-6:15p Butts & Guts-Donna  
6:45p-7:45p Slow Flow Yoga- Holly

### Tuesday:

5:15a-6:15a Boot Camp-Caitlin J  
8:05a-10:00a Good Morning Water Aerobics  
8:30a-9:30a RIP-Suzanne  
9:45a-10:30 STRONG Nation- Suzanne  
4:30p-5:15p Barre Fit-Molly  
5:30p-6:30p RIP-Becky

### Wednesday:

5:45a-6:45a Vinyasa Flow Yoga-Deb  
8:05a-9a Aqua Cardio Strength-Anna R.  
8:45a-9:45a Circuits- Lori  
10:00a-11:00a Slow Flow Yoga-Deb  
5:45p-6:15p Kettlebells

### Thursday:

5:15a-6:15a Core De Force-Caitlin J  
8:05a-10:00a Good Morning Water Aerobics  
9:00a-10:00a STRONG Nation-Suzanne  
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  
11:00a-12:00p Insanity-Caitlin J

### Saturday:

7:45-8:15a Kettlebells-Suzanne/Caitlin J  
8:30-9:30a STRONG Nation/Insanity-  
Suzanne/Caitlin J  
11:00a-12:00p Barre Fit-Molly/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 to cancel existing reservations

507-645-0088



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

**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 heart-pumping class incorporates choreographed fitness/kickboxing set to music.

**Core Circuits:** A strong core leads to a strong body, better postures, and better self-awareness! Various strengthening exercises for the abdominals, back and hips will help midsection stability and strength.

**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.

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

**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.

**Good Morning Water:** Aerobics Get your pool workout done with workout templates developed by our Aquatic Fitness team. Workouts include body-weight resistance and water aerobics equipment. Not instructor led.

**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.

**Transform:** This 30 minute, music driven, high intensity cardio conditioning class uses a step to ramp up your calorie burn!

**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.

**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.

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

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