



NORTHFIELD AREA FAMILY YMCA GROUP EXERCISE SCHEDULE

SEPT — NOV 2023

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

Day	Class	Class Length	Instructor
Mondays			
5:15 AM	Transform	30 Min.	Caitlin J
5:50 AM	Core Circuits	30 Min.	Caitlin J
8:45 AM	Circuits	60 Min.	Lori
10:00 AM	Slow Flow Yoga	60 Min.	Deb
4:15 PM	Cardio Dance Fitness	60 Min.	Lindsay
5:30 PM	Butts & Guts	60 Min.	Donna
Tuesdays			
5:15 AM	Boot Camp	60 Min.	Caitlin J
8:30 AM	RIP	60 Min.	Suzanne
9:05 AM	Good Morning Water Aerobics	60-90 Min.	Self-Lead
9:45 AM	STRONG Nation	45 Min.	Suzanne
4:30 PM	Barre Fit	45 Min.	Molly
5:30 PM	RIP	60 Min.	Becky
Wednesdays			
5:45 AM	Vinyasa Flow Yoga	60 Min.	Deb
8:45 AM	Circuits	60 Min.	Lori
9:05 AM	Aqua Cardio Strength	55 Min.	Anna R
10:00 AM	Slow Flow Yoga	60 Min.	Deb
5:45 PM	Kettlebells	30 Min.	Heather
Thursdays			
5:15 AM	Core De Force	60 Min.	Caitlin J
9:00 AM	STRONG Nation	60 Min.	Suzanne
9:05 AM	Good Morning Water Aerobics	60-90 Min.	Self-Lead
4:30 PM	Barre Fit	45 Min.	Dana
5:00 PM	Aqua Cardio Strength	55 Min.	Anna R
5:30 PM	RIP	60 Min.	Jerry
6:45 PM	Yin Yoga	60 Min.	Laura
Fridays			
5:30 AM	Shred It	45 Min.	Jerry
8:30 AM	RIP	60 Min.	Becky
9:45 AM	Yoga Flow	60 Min.	Becky
11:00 AM	Insanity	60 Min.	Caitlin J
Saturdays			
8:30 AM	Circuits	60 Min.	Shelly
11:00 AM	Barre Fit	60 Min.	Molly or Dana
Sundays			
9:15 AM	Muscle Endurance	60 Min.	Shelly
10:30 AM	Slow Flow Yoga	60 Min.	Holly

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 to cancel existing reservations 507-645-0088



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Class Descriptions

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, the class uses movements inspired by pilates, dance, yoga and more for a full body toning workout!

Boot Camp: Fast transitions with small rest between sets of strength and cardio moves.

Butts & Gutts: 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.

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

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

Muscle Endurance: This class includes circuit training, cardio exercise, weighted exercises and finishes with core training and stretching for a complete workout. 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.

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.

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