



NORTHFIELD AREA FAMILY YMCA GROUP EXERCISE SCHEDULE

DEC 2023—FEB 2024

Check our website for up-to-date class information and format changes.

Mondays	Class	Class Length	Instructor
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.	Ashley
4:15 PM	Cardio Dance Fitness	60 Min.	Lindsay
5:30 PM	Butts & Guts	45 Min.	Donna
Tuesdays	Class	Class Length	Instructor
5:15 AM	Boot Camp	60 Min.	Caitlin J
8:05 AM	Good Morning Water Aerobics	60-90 Min.	Self-Lead
8:30 AM	RIP	60 Min.	Suzanne
9:45 AM	STRONG Nation	45 Min.	Suzanne
4:30 PM	Barre Fit	45 Min.	Molly
5:30 PM	RIP	60 Min.	Becky
Wednesdays	Class	Class Length	Instructor
5:45 AM	Vinyasa Flow Yoga	60 Min.	Ashley
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.	Ashley
5:45 PM	Kettlebells	30 Min.	Heather
6:20 PM	Pilates	30 Min.	Heather
Thursdays	Class	Class Length	Instructor
5:15 AM	Core De Force	60 Min.	Caitlin J
8:05 AM	Good Morning Water Aerobics	60-90 Min.	Self-Lead
9:00 AM	STRONG Nation	60 Min.	Suzanne
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	Class	Class Length	Instructor
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	Class	Class Length	Instructor
8:15 AM	Cardio Dance Fitness	60 Min.	Lindsay
9:30 AM	Circuits	60 Min.	Shelly
Sundays	Class	Class Length	Instructor
9:30 AM	Muscle Endurance	60 Min.	Shelly
10:45 AM	Yin Yoga	60 Min.	Caitlin W

GX classes are open to active members (13+).

Pre-registration recommended. Registration opens a week prior to class.

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 & 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.

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.

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. Self-led.

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.

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

Pilates: Repetitive exercise performed on a yoga mat or standing, to increase muscular strength, improve your flexibility, and enhance coordination and balance. Targets core strengthening, postural improvements, while also hitting those "powerhouse" muscles (glutes, hips, pelvic floor & lower back) - all while encouraging deep, conscious breathing.

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.

