



# NORTHFIELD AREA FAMILY YMCA GROUP EXERCISE SCHEDULE

## May 2024

Looking for more exercise classes? We are busy working on expanded class offerings beginning in June!  
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	<a href="#">Good Morning Water Aerobics</a>	60-90 Min.	Self-Led
8:30 AM	RIP	60 Min.	Suzanne
9:45 AM	STRONG Nation	45 Min.	Suzanne
10:45 AM	Senior Fit	45 Min.	Erik
Wednesdays	Class	Class Length	Instructor
8:45 AM	Circuits	60 Min.	Lori
9:05 AM	<a href="#">Aqua Cardio Strength</a>	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	<a href="#">Good Morning Water Aerobics</a>	60-90 Min.	Self-Led
9:00 AM	STRONG Nation	60 Min.	Suzanne
10:15 AM	Flexibility + Mobility	30 Min.	Anna B
5:00 PM	<a href="#">Aqua Cardio Strength</a>	55 Min.	Anna R
6:45 PM	Yin Yoga and Mobility Training	60 Min.	Laura
Fridays	Class	Class Length	Instructor
5:30 AM	Shred It	45 Min.	Jerry
8:30 AM	RIP	60 Min.	Suzanne
10:15 AM	Flexibility + Mobility	30 Min.	Anna B
11:00 AM	Insanity	60 Min.	Caitlin J
Saturdays	Class	Class Length	Instructor
8:15 AM	Cardio Dance Fitness	60 Min.	Lindsay
Sundays	Class	Class Length	Instructor
10:45 AM	Slow Flow 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](http://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.

**Circuits:** A combination of strength and cardio exercises for a total body workout.

**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.

**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.

**Flexibility + Mobility:** This class is designed for all skill levels and ages. It focuses on dynamic stretching using familiar movement patterns. Dynamic stretching allows our bodies to flow through movements to prevent injuries, increase mobility, and reduce pain.

**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.

**Senior Fit:** Senior Fit is a program for adults and seniors set to music who want to remain active by engaging in low impact exercise to manage weight, control disease, improve strength, mobility and stability.

**Shred It:** Total body conditioning focusing on intervals that target every major muscle group and capped off with a metabolic conditioning phase.

**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.

**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 and Mobility Training:** This slow paced class for all-levels will guide you through active movements to improve range of motion and through passive holds as we nourish the joints and connect to our body with breathwork.