

# Group Exercise

## June - August

### Mondays

5:15-5:45 AM - Transform - Caitlin J.  
5:50-6:20 AM - Core Circuits - Caitlin J.  
6:30-7:30 AM - Starting Strength - Trevor  
8:00-9:00 AM - Circuits - Lori  
8:30-9:25 AM - Aqua Cardio & Core - Anna R.  
9:15-9:45 AM - Flexibility + Mobility - Anna B.  
10:00-11:00 AM - Slow Flow Yoga - Ashley  
4:15-5:15 PM - Cardio Dance Fitness - Lindsay  
5:30-6:15 PM - Butts & Guts - Donna  
6:30-7:30 PM - Slow Flow Yoga - Caitlin W.

### Tuesdays

5:15-6:15 AM - Boot Camp - Caitlin J.  
8:05-9:35 AM - Good Morning Water Aerobics - Self-Led  
8:30-9:30AM - RIP - Suzanne  
9:45-10:30 AM - STRONG Nation - Suzanne  
4:15-5:00 PM - Forever Fit - Erik

### Wednesdays

8:00-9:00 AM - Circuits - Lori  
8:30-9:25 AM - Aqua Cardio & Core - Anna R.  
9:15-9:45 AM - Functional Strength Training - Anna B.  
10:00-11:00 AM - Slow Flow Yoga - Ashley  
6:00-6:30 PM - Kettlebells - Heather  
6:35-7:05 PM - Pilates - Heather

### Thursdays

5:15-6:15 AM - Core De Force - Caitlin J.  
9:00-9:55 AM - Aqua Cardio & Strength - Anne K.  
9:00-10:00 AM - STRONG Nation - Suzanne  
5:15-6:00 PM - Barre Fit - Thea  
6:30-7:30 PM - Yin Yoga & Mobility Training - Laura

### Fridays

5:30-6:15 AM - Shred It - Jerry  
6:30-7:30 AM - Starting Strength - Trevor  
8:05-9:35 AM - Good Morning Water Aerobics - Self-Led  
9:15-10:00 AM - Flex & Flow - Anna B.  
10:15-10:45 AM - Flexibility + Mobility - Anna B.  
11:00-11:45 AM - Forever Fit - Erik

### Saturdays

8:00-9:00 AM - Cardio Dance Fitness - Lindsay  
10:00-11:00 AM - Hybrid Strength - Brianne

### Sundays

9:30-10:30 AM - Muscle Endurance - Shelly

**Group Exercise classes are open to participants 13+**

**Pre-registration is recommended. Registration opens one week prior to the class.**

**Register by phone or online at [www.northfieldymca.org](http://www.northfieldymca.org). Cancel existing registration online or by phone.**

# CLASS DESCRIPTIONS

[Aqua Cardio & Core:](#) After a short warm up, this class jumps into cardio and core combinations to get the heart rate up and strengthen the center. Classes rotate between using no equipment to incorporating buoyant water weights, kickboards and noodles. Good for beginners and advanced participants with variations shown so each person finds the right intensity.

[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 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.

[Circuits:](#) A combination of strength and cardio exercises for a total body workout.

[Core Circuits:](#) A strong core leads to a strong body, better posture, 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.

[Flex & Flow:](#) Combines the principles of Pilates with the use of sliders to target and tone muscles throughout the entire body. This class focuses on building strength, improving flexibility, and enhancing overall body awareness through movements and controlled resistance.

[Flexibility + Mobility:](#) This class is designed to improve flexibility and mobility through a series of dynamic stretches, movements, and exercises. This class focuses on increasing range of motion, enhancing joint mobility, and promoting overall flexibility in a safe and effective way.

[Forever Fit:](#) This 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.

[Functional Strength Training:](#) Focus on improving the body's ability to perform daily activities and movements with ease and efficiency. This type of training involves exercises that target multiple muscle groups and joints working together to improve overall functional fitness.

[Good Morning Water Aerobics:](#) Get your pool workout done with workout templates developed by our Aquatic Fitness team. Workout include body weight resistance and water aerobics equipment. Self-led.

[Hybrid Strength:](#) This full body workout begins with a series of body weight exercises followed by 3 rounds of either dumbbell or kettlebell exercises, ending with a foam rolling & stretching segment.

[Insanity:](#) Using high intensity interval training, this is 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 set to music.

[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.

[Starting Strength:](#) Build foundational strength through exercises aimed at increasing your ability to move skillfully and efficiently in everyday activities.

[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 & 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.