



GROUP EXERCISE SCHEDULE

Sept – Nov

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
8:20-8:50 AM - Flexibility + Mobility - Anna B.
9:00-9:50 AM - Circuits - Lori
9:00-10:00 AM - Aqua Cardio Strength - Anne K.
10:00-10:50 AM - Slow Flow Yoga - Ashley S.
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.
8:30-9:30 AM - RIP - Suzanne
8:30-9:30 AM - Good Morning Water Aerobics - Self Led
9:45-10:30 AM - STRONG Nation - Suzanne

Wednesdays

5:30-6:15 AM - Pilates & Stretch - Heather
8:20-8:50 AM - Functional Strength Training - Anna B.
9:00-9:50 AM - Circuits - Lori
9:00-10:00 AM - Aqua Cardio Core - Anna R.
10:00-10:50 AM - Slow Flow Yoga - Ashley S.
4:15-5:15 PM - Cardio Dance Fitness - Lindsay

Thursdays

5:15-6:15 AM - Core De Force - Caitlin J.
8:30-9:30 AM - Good Morning Water Aerobics - Self Led
9:00-10:00 AM - STRONG Nation - Suzanne
5:15-6:00 PM - Barre Fit - Thea
5:30-6:30 PM - Aqua Cardio Core - Anna R.
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
8:45-9:45 AM - RIP - Jessica
8:30-9:30 AM - Good Morning Water Aerobics - Self-Led
10:00-10:30 AM - Transform - Caitlin J.
10:35-11:05 AM - Stretch - Caitlin J.
4:30-5:15 PM - Kettlebells - Heather

Saturdays

8:00-9:00 AM - Cardio Dance Fitness - Lindsay
9:15-10:00 AM - PowerFit - Trevor
10:15-11:15 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. 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.

[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.

[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.

[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 & Stretch:](#) 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. Each class includes a set of conscious stretching to increase flexibility to improve strength

[PowerFit:](#) An intense, high-energy group workout class designed to build strength, power, and endurance. Combining elements of weightlifting, high-intensity interval training (HIIT), and functional movements, you will be pushed to your limit with varied, full-body workouts.

[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.

[Stretch:](#) This stretch class uses a variety of moves and methods to strengthen, stretch, and reset your body. This is great in conjunction with another class/workout or as a stand-alone exercise practice.

[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.

[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.