

# GROUP EXERCISE SCHEDULE

## June – August 2025

### Mondays

5:15–5:45 AM – Transform – Caitlin J.  
5:50–6:20 AM – Core Circuits – Caitlin J.  
6:30–7:15 AM – Starting Strength – Trevor  
7:20–7:50 AM – Circuit Kickboxing – Jessica  
8:00–8:30 AM – Flexibility + Mobility – Lori  
8:30–9:30 AM – [Good Morning Water Aerobics](#) – Self Led  
8:45–9:45 AM – Circuits – Lori  
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 – [Aqua Cardio Core](#) – Anna R.  
9:45–10:30 AM – STRONG Nation – Suzanne  
4:30–5:30 PM – Yoga Sculpt – Emma  
5:45–6:45 PM – Yin Yoga – Leah  
7:00–7:45 PM – Functional Strength – Noah

### Wednesdays

5:30–6:15 AM – Pilates & Stretch – Heather  
7:20–7:50 AM – Circuit Kickboxing – Jessica  
8:00–8:30 AM – Flexibility + Mobility – Lori  
8:30–9:30 AM – [Aqua Cardio Core](#) – Anna R.  
8:45–9:45 AM – Circuits – Lori  
10:00–10:50 AM – Slow Flow Yoga – Ashley S.  
11:00–11:45 AM – Hybrid Strength – Brianne  
12:00–12:30 PM – Barre – Brianne  
4:15–5:15 PM – Cardio Dance Fitness – Lindsay  
5:30–6:15 PM – Barre – Thea

### Thursdays

5:15–6:15 AM – Core De Force – Caitlin J.  
7:15–8:15 AM – Functional Strength – Noah  
8:30–9:30 AM – [Aqua Cardio Strength](#) – Anne K.  
9:00–10:00 AM – STRONG Nation – Suzanne  
10:10–10:50 AM – Resilience – Laurence  
5:00–5:45 PM – RIP – Jessica  
6:30–7:30 PM – Yin Yoga & Mobility Training – Laura  
7:45–8:45 PM – Momma Heart Yoga (Ages 18+) – Rhea

### Fridays

5:30–6:15 AM – Shred It – Heather  
6:30–7:15 AM – Starting Strength – Trevor  
7:30–8:00 AM – Flexibility + Mobility – Trevor  
8:45–9:45 AM – RIP – Jessica  
10:00–10:30 AM – Stretch – Jessica  
4:45–5:30 PM – Kettlebells – Jerry

### Saturdays

9:15–10:00 AM – PowerFit – Trevor  
10:15–10:45 AM – Flexibility + Mobility – Trevor

### Sundays

9:30–10:30 AM  
Muscle Endurance/Barre (alternating) – Shelly/Thea

Group Exercise classes are open to participants 13+

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

Register by phone, online, or on the YMCA360 app. [Cancel existing registration by phone, online or on the app.](#)

# 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:** 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.

**Circuit Kickboxing:** A high intensity, interval-based workout combining kickboxing drills and conditioning moves to build strength, endurance, and technique. Rotate through stations for a full-body challenge. Gloves/wraps required.

**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:** A well-rounded workout focused on building strength and muscle through resistance training, boosting cardiovascular health with HIIT-style conditioning, and improving mobility for better movement and long-term joint health.

**Good Morning Water Aerobics:** Get your pool workout done with workout templates developed by our Aquatic Fitness team. Workout includes body weight resistance and water aerobics equipment. Self-led.

**Hybrid Strength:** This full body workout begins with a warm up 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.

**Momma Heart Yoga (Ages 18+):** This class will give you space to stretch, strengthen, and breathe while getting to know other moms. This class offers a mix of slow flow yoga, meditation and restorative movement for ALL stages of motherhood; prenatal to grandmother!

**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.

**Resilience:** Develop the strength, mobility, and endurance needed to stay resilient in both competition and everyday life. This functional training session is designed to enhance your performance in activities like Pickleball, Cycling, and Running while building the stability and strength to handle daily challenges with confidence. Be fit for the game, stay strong, be resilient.

**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 through passive holds as we nourish the joints and connect to our body with breathwork.

**Yoga Sculpt:** A full-body workout combining yoga postures with light hand weights for added resistance. This class blends strength, cardio, and high-intensity training to burn calories and sculpt lean muscles.