

## GROUP EXERCISE SCHEDULE

Sept – Nov 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TRANSFORM</b> 5:15-5:45AM CAITLIN J.	<b>BOOT CAMP</b> 5:15-6:15AM CAITLIN J.	<b>PILATES &amp; STRETCH</b> 5:30-6:15AM HEATHER	<b>CORE DE FORCE</b> 5:15-6:15AM CAITLIN J.	<b>SHRED IT</b> 5:15-6:00AM HEATHER		
<b>CORE CIRCUITS</b> 5:50-6:20AM CAITLIN J.	<b>MUSCLE ENDURANCE</b> 6:45-7:30AM SHELLY	<b>FUNCTIONAL STRENGTH</b> 6:30-7:15AM NOAH				
<b>FLEXIBILITY + MOBILITY</b> 8:00-8:30AM LORI		<b>FLEXIBILITY + MOBILITY</b> 8:00-8:30AM LORI			<b>CARDIO DANCE FITNESS</b> 8:15-9:15AM LINDSAY	
<b>CIRCUITS</b> 8:45-9:45AM LORI	<b>GOOD MORNING WATER AEROBICS</b> 8:30-9:30AM SELF LED	<b>CIRCUITS</b> 8:45-9:45AM LORI	<b>GOOD MORNING WATER AEROBICS</b> 8:30-9:30AM SELF LED	<b>GOOD MORNING WATER AEROBICS</b> 8:30-9:30AM SELF LED		
<b>AQUA CARDIO STRENGTH</b> 9:00-10:00AM ANNE K.	<b>STRONG NATION</b> 8:30-9:30AM SUZANNE	<b>AQUA CARDIO CORE</b> 9:00-10:00AM ANNA R.	<b>STRONG NATION</b> 9:00-10:00AM SUZANNE	<b>RIP</b> 8:45-9:45AM JESSICA		<b>BARRE/MUSCLE ENDURANCE (ALTERNATING)</b> 9:30-10:30AM THEA/SHELLY
<b>SLOW FLOW YOGA</b> 10:00-11:00AM ASHLEY S.	<b>RIP</b> 9:45-10:30AM SUZANNE	<b>SLOW FLOW YOGA</b> 10:00-11:00AM ASHLEY S.	<b>RESILIENCE</b> 10:10-10:50AM LAURENCE	<b>STRETCH &amp; RESTORE</b> 10:00-10:30AM JESSICA		
		<b>HYBRID STRENGTH</b> 11:15AM-12:00PM BRIANNE				
		<b>BARRE</b> 12:10-12:40PM BRIANNE				
<b>CARDIO DANCE FITNESS</b> 4:15-5:15PM LINDSAY		<b>CARDIO DANCE FITNESS</b> 4:15-5:15PM LINDSAY	<b>STARTING STRENGTH</b> 4:15-5:00PM TREVOR	<b>KETTLEBELLS</b> 4:45-5:30AM JERRY		
<b>BUTTS &amp; GUTS</b> 5:30-6:15PM DONNA		<b>BARRE</b> 5:30-6:15PM THEA	<b>POWERFIT</b> 5:15-6:00PM TREVOR			
<b>SLOW FLOW YOGA</b> 6:30-7:30PM CAITLIN W.		<b>GOOD EVENING WATER AEROBICS</b> 5:30-6:30PM SELF LED	<b>AQUA CARDIO CORE</b> 5:30-6:30PM ANNA R.			
			<b>YIN YOGA &amp; MOBILITY</b> 6:30-7:30PM LAURA			
			<b>MOMMA HEART YOGA (18+)</b> 7:45-8:45PM RHEA			

TYPE OF EXERCISE:

CARDIO

STRENGTH

CORE/FLEXIBILITY

AQUATIC

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

**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.

**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.

**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!

**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.

**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.

**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.

**Stretch & Restore:** 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.

**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.

**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.

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

**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.

**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.

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

**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.

**Starting Strength:** Build foundational strength through exercises aimed at increasing your ability to move skillfully and efficiently in everyday activities.

**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.

**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.

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

**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.

**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.

**Good Morning/Evening 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.