GROUP EXERCISE SCHEDULE

June – August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRANSFORM 5:15-5:45AM CAITLIN J.	BOOT CAMP 5:15-6:15AM CAITLIN J.	PILATES & STRETCH 5:15-6:00AM HEATHER	CORE DE FORCE 5:15-6:15AM CAITLIN J.			
CORE CIRCUITS 5:50-6:20AM CAITLIN J.		YOGA SCULPT 6:15-7:15AM MEGAN S.	CIRCUIT KICKBOXING 6:30-7:15AM JESSICA	SLOW FLOW YOGA 6:00-7:00AM BETH		
SELF-LED STRENGTH 6:30-7:15AM	MUSCLE ENDURANCE 6:45-7:30AM SHELLY				KICKBOXING 7:05-8:05AM JESSICA	
FLEXIBILITY + MOBILITY 8:00-8:30AM LORI		FLEXIBILITY + MOBILITY 8:00-8:30AM LORI			CARDIO DANCE FITNESS 8:15-9:15AM ALISHA	
GOOD MORNING WATER AEROBICS 8:30-9:30AM SELF LED	GOOD MORNING WATER AEROBICS 8:30-9:30AM SELF LED	AQUA CARDIO CORE 8:30-9:30AM ANNA R.	AQUA CARDIO STRENGTH 8:30-9:30AM ANNE	GOOD MORNING WATER AEROBICS 8:30-9:30AM SELF LED	BARRE 9:30-10:30AM THEA	
CIRCUITS+ 8:45-9:45AM LORI	RIP 8:30-9:30AM SUZANNE	CIRCUITS+ 8:45-9:45AM LORI	STRONG NATION 9:00-10:00AM SUZANNE	RIP 8:45-9:45AM JESSICA		CIRCUITS+ / MUSCLE ENDURANCE (ALTERNATING) 9:30-10:30AM COLLEEN/SHELLY
MAT PILATES 10:00-11:00AM MEGAN S.	STRONG NATION 9:45-10:30AM SUZANNE	BARRE 10:00-10:45AM BRIANNE	STRETCH & RESTORE 10:10-10:40AM SUZANNE	STRETCH & RESTORE 10:00-10:30AM JESSICA		"BARRE"-DIO DANCE / LINE DANCING (ALTERNATING) 10:45-11:45AM ALISHA/AMANDA
		HYBRID STRENGTH & STRETCH 11:00-11:45AM BRIANNE				
CARDIO DANCE FITNESS 4:15-5:15PM ALISHA	"BARRE"-DIO DANCE 4:15-5:15PM ALISHA	CARDIO DANCE FITNESS 4:15-5:15PM LINDSAY		RIP 4:45-5:30PM JERRY		
BUTTS & GUTS 5:30-6:15PM DONNA	CIRCUITS+ 5:30-6:30PM COLLEEN	MUSCLE ENDURANCE 5:30-6:15PM SHELLY	LINE DANCING 5:00-6:00PM AMANDA			
SLOW FLOW YOGA 6:30-7:30PM CAILTIN W.			YIN YOGA & MOBILITY 6:30-7:30PM LAURA			
			MOMMA HEART YOGA (18+) 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.

northfieldymca.org
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Northfield Area Family YMCA

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.

"Barre"-dio Dance: A hybrid class of strength/conditioning and cardio, blending barre exercises with high-energy dancing.

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+: Build overall strength and endurance with mindful exercises in focused circuits, with cardio bursts, mobility and balance challenges. For all fitness levels.

Circuit Kickboxing: Designed to improve endurance, coordination, and overall fitness through a series of timed stations that keep your body constantly challenged. Participants rotate through circuits that may include punching and kicking combinations, heavy bag work, bodyweight exercises, and functional strength training.

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.

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.

Hybrid Strength & Stretch: 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.

Kickboxing: Kick, punch, and sweat your way through this high-energy cardio workout inspired by boxing and martial arts techniques. This all-levels class combines powerful combinations, conditioning drills, and core work to build strength, endurance, and confidence in a fun, supportive atmosphere.

Line Dancing: Line dancing routines and choreography to upbeat music. Low-impact option for anyone looking to add Cardio.

Mat 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 - all while encouraging deep, conscious breathing.

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.

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. Each class includes a set of conscious stretching to increase flexibility to improve strength.

RIP: Lift your way to fitness with a strength training set to music.

Self-Led Strength: Strengthen your body at your own pace in a supportive group environment. Follow a workout designed by one of our certified personal trainers and enjoy guided structure without the pressure of a formal class.

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.

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.