

# YMCA LIVE

## INDOOR GROUP CLASSES

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### COUNTY LOCATION



### MONDAY

8:00-9:00am – **Bootcamp w/ Robin**

9:00-9:30am – **Core Conditioning w/ Robin**

10:15-11:15am – **Intermediate Yoga w/ Mary Dougan**

### TUESDAY

7:15-8:15am – **Pilates Fusion w/ Michele**

8:25-8:55am – **Core Conditioning w/ Robin**

9:00-9:45am – **Silver Sneakers w/ Robin (In North Gym)**

10:00-10:45am – **A.O.A.F w/ Mary McDade (In North Gym)**

### WEDNESDAY

8:00-9:00am – **Strength Training w/ Robin**

### THURSDAY

7:15-8:15am – **Pilates Fusion w/ Michele**

8:25-8:55am – **Core Conditioning w/ Robin**

9:00-9:45am – **Silver Sneakers w/ Robin (In North Gym)**

9:00-10:00am – **Intermediate Yoga w/ Michele**

10:00-10:45am – **A.O.A.F w/ Mary McDade (In North Gym)**

### FRIDAY

7:45-8:45am – **HIIT w/ Robin**

9:00-10:00am – **Strength Training w/ Laura**

### SATURDAY

8:00-9:00am – **Strength Training w/ Rose**

### SUNDAY

11:00am-12:00pm – **Yogilates w/ Michele @ Nature's Outlet Park**  
(Sep. 7-28) OPEN & FREE to the Community!!

**Effective September 2, 2025**

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### COUNTY LOCATION



### Class Descriptions

**A.O.A.F:** Active Older Adult Fitness focuses on improving your activities of daily living. This includes balance, strength, flexibility, and cardiovascular exercises.

**Bootcamp:** Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using a stability ball.

**Core Conditioning:** This core strengthening class is designed to explore your core and how to engage all these muscles to feel stronger in all you do.

**HIIT:** High Intensity Interval Training uses timed periods of work and rest to maximize your fitness benefits.

**Intermediate Yoga:** An age and gender friendly practice of yoga poses (Asanas) designed to limber joints, improve circulation, promote suppleness to the spine and increase muscle strength, stamina and overall body tone.

**Pilates Fusion:** This mind-body class will focus on strengthening the core by promoting pelvis stability and abdominal control through an inward approach. Connection of the breath, and purpose of movement.

**Silver Sneakers:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Strength Training:** This class is designed to enhance your muscle strength and fitness. You will work all muscles groups with various pieces of equipment.

**Yogilates:** A fusion of Yoga and Pilates designed to create balance, core strength and mind-body connection.