

YMCA LIVE INDOOR GROUP CLASSES



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/ Michelelee**
8:25-8:55am – **Chair 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)**
5:30-6:30pm – **Zumba w/ Jamie**

WEDNESDAY

8:00-9:00am – **Strength & Cardio Flow w/ Robin**
9:15-10:15 – **Strength Training w/ Rose**

THURSDAY

7:15-815am – **Pilates Fusion w/ Michelelee**
8:25-8:55am – **Chair Conditioning w/ Robin**
9:00-9:45am – **Silver Sneakers w/ Robin (In North Gym)**
9:00-10:00am – **Intermediate Yoga w/ Michelelee**
10:00-10:45am – **A.O.A.F w/ Mary McDade (In North Gym)**
5:30-6:30pm – **Zumba w/ Jamie (In the Gym)**

FRIDAY

7:45-8:45am – **HIIT w/ Robin**
9:00-10:00am – **Strength Training w/ Laura**
10:00-10:45am – **Beginner Line Dance w/ Karen (2nd & 4th Friday of each month)**

SATURDAY

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

SUNDAY

11:05am-12:05pm – **Yogilates w/ Michelelee**

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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.

Beginner Line Dance: A "No partner required" low impact dance class. This class is a continuous set of choreographed routines that keep moving using your brain and body.

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.

Chair Conditioning: This class can be taken from a seated or standing position designed to help strengthen and stretch core muscles.

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 & Cardio Flow: This class builds muscular endurance and cardiovascular fitness taught in a flow sequence.

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.

Zumba: This class is a high-energy, dance-based aerobic workout that blends Latin and international music with easy-to-follow choreography.