

# 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/ Michelee**  
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

7:15-8:15am – **Pilates Fusion w/ Michelee**  
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/ Michelee**  
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 (2<sup>nd</sup> & 4<sup>th</sup> Friday of each month)**

#### SATURDAY

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

#### SUNDAY

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

**Effective February 2026**

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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.