



Genesee County YMCA

# GROUP EXERCISE SCHEDULE

## November 2024 Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Interval Training</b> 5:40-6:30 AM Marianne Group Ex Room	<b>Group Cycling</b> 6:00-6:30 AM Carol Cycle Room	<b>Interval Training</b> 5:40-6:30 AM Michelle B. Group Ex Room	<b>Group Cycling</b> 6:00-6:30 AM Carol Cycle Room	<b>Interval Training</b> 5:40-6:30 AM Michelle B./Julia Group Ex Room	
			<b>Group Cycling</b> 8:00-8:45 AM Julia Cycle Room			<b>Group Cycling</b> 8:00-8:45 AM Michelle W. Cycle Room
		<b>Circuit Training/ Tabata</b> 8:30-9:30 AM Julia Group Ex Room	<b>Core &amp; More</b> 9:00-9:30 AM Julia Multi-Purpose Room	<b>Interval Training</b> 8:30-9:30 AM Julia Group Ex Room	<b>Interval Training</b> 8:30-9:30 AM Amy Multi-Purpose Room	<b>Cardio Drumming</b> 8:50-9:10 AM Michelle W. Group Ex Room
	<b>Zoom Dance</b> 9:00-9:30 AM Becky Group Ex Room		<b>Zoom Dance</b> 9:00-9:30 AM Becky Group Ex Room			
	<b>SILVER&amp;FIT<sup>®</sup></b> EXPERIENCE 9:45-10:45 AM Becky Group Ex Room	<b>SILVER&amp;FIT<sup>®</sup></b> EXPERIENCE 9:45-10:45 AM Cathy Group Ex Room	<b>SILVER&amp;FIT<sup>®</sup></b> EXPERIENCE 9:45-10:45 AM Becky Group Ex Room	<b>Ageless Fitness</b> 9:45-10:45 AM Julia Group Ex Room	<b>Zoom Dance</b> 8:30-9:30 AM Becky Group Ex Room	<b>HIIT (High Intensity Interval Training)</b> 9:15-10:15 AM Amy Group Ex Room
	<b>Pilates – All Levels</b> 11:00-12:00 PM Becky Group Ex Room					<b>ZUMBA®</b> 10:30-11:30 AM Heidi Group Ex Room
	<b>Water X</b> 11:00-12:00 PM Diane Pool	<b>Shallow Water X</b> 11:00-12:00 PM Karen Pool <i>*sign-up required*</i>	<b>Water X</b> 11:00-12:00 PM Diane Pool	<b>Shallow Water X</b> 11:00-12:00 PM Karen Pool <i>*sign-up required*</i>	<b>Water X</b> 11:00-12:00 PM Diane/Karen Pool	
		<b>Total Body Burn</b> 5:00-6:00 PM Kate Group Ex Room	<b>Abs Class</b> 4:45-5:00 PM Amy Cycle Room	<b>Total Body Burn</b> 5:00-6:00 PM Kate Group Ex Room		
	<b>CycleX</b> 5:15-6:00 PM Wendy Cycle Room		<b>Group Cycling</b> 5:00-5:45 PM Amy Cycle Room	<b>Open Level Vinyasa Yoga</b> 5:30-6:30 PM Kenneth Multi-Purpose Room		
	<b>Pilates – All Levels</b> 6:00-7:00 PM Lori Group Ex Room	<b>Dance Fusion</b> 6:30-7:30 PM Liz Group Ex Room	<b>Pilates – All Levels</b> 6:00-7:00 PM Lori Group Ex Room	<b>ZUMBA®</b> 6:30-7:30 PM Heidi Group Ex Room		
		<b>Water X</b> 7:00-8:00 PM Lori Pool		<b>Water X</b> 7:00-8:00 PM Lori Pool		

Schedule Subject to change without notice

**Class Etiquette:** Make friends, but be courteous to instructors and other participants by chatting before or after class and not during the workout. Always wear clean, dry footwear appropriate for the class you are taking. Have fun and enjoy!

## Class Descriptions

### Cardio

**ZUMBA®:** A fusion of Latin and International music themes that create a dynamic, exciting and effective fitness workout. A combination of fast and slow rhythms tone and sculpt the body and burn calories the fun way!

**ZOOM DANCE:** A fusion of music themes that create an effective fitness workout. Instructors modify the moves & pacing to suit the needs of active older participants, as well as those just starting their journey to a fit & healthy lifestyle.

**DANCE FUSION:** A fun and energetic, dance fitness workout. Instructor led dance routines designed to burn calories, tone muscles and boost cardiovascular endurance!

**GROUP CYCLING:** An instructor led workout on specialty stationery bikes. This high energy class is low impact; you control the intensity of each class by modifying resistance and body positions.

**CYCLEX:** Not your typical cycling class! During this instructor led workout on stationary bikes you will also incorporate light weights and other movements to maximize your cardio workout.

**CARDIO DRUMMING:** Cardio drumming is a new and growing fitness trend that uses drum sticks and stability balls; it combines creativity and fitness to give you an exciting aerobic workout. This can be done standing or seated which makes this a fun class for everyone!

### Interval

**INTERVAL TRAINING:** Energetic, high energy cardio & strength class to challenge you for your fitness goals. Class outline based on Instructors design. (Elements of Abs, Cycling and Barre may be added)

### Mind/Body

**PILATES - ALL LEVELS:** This class will strengthen the body's core muscles including the abs and lower back and will tone the body and increase flexibility. The class is taught on a mat.

**VINYASA YOGA:** The primary focus is to achieve relaxation through a series of poses and breathing techniques. Whether you are a beginner, more advanced Yogi, or somewhere in between, you will walk away from this class with not only increased range of motion, increased strength, but also a relaxed and distressed soul.

### Strength

**HIIT (High Intensity Interval Training):** A class designed for a head-to-toe workout. You move and challenge yourself at your own pace with new exercises you may not have tried or seen before! HIIT is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

**SILVER & FIT EXPERIENCE:** The class is designed to increase flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength & cardiovascular endurance.

**TOTAL BODY BURN:** This class targets both strength and cardio. Workouts designed to build muscle while also incorporating cardio through various methods such as cycling, running, rowing, tabata and more.

**ABS CLASS:** A fun packed 30 mins designed to tone, build and strengthen the abdominal muscles.

**AGELESS FITNESS:** Multi-level exercises that includes a variety of exercises and equipment. Friendly atmosphere appropriate for every level of fitness. Ideal warm up before and stretching at the end of each class.

**CIRCUIT TRAINING/TABATA:** Tabata and circuit training are a type of training that involves rotating between several exercises that target different muscle groups with minimal rest in between. It's ideal for those looking for a quick, effective, full-body workout.

**CORE & MORE:** During this 30 minute class you will use a variety of equipment such as yoga balls, dumbbells and medicine balls while targeting the abdominal muscles. Appropriate for all ages and skill levels!

### Aquatics

**WATER X:** Make a Splash with low impact but high energy water exercise class. Let the instructor lead you through exercises utilizing the resistance of the water.

**SHALLOW WATER X:** This class packs a punch without ever leaving the shallow end of the pool. Let the water ease the pressure on your joints while still receiving a full workout. Call or check in with the front desk staff to reserve your spot for this very popular class.

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