



GROUP FITNESS SCHEDULE FALL 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Note:
5:10 AM LES MILLS BODYPUMP Jackie B/C		5:10 AM 30 MIN HIIT CYCLE Jackie Studio A		5:10 AM LES MILLS BODYPUMP Sara B/C	<p>Mats will not be available during class. We recommend you bring your own mat to all classes.</p> <p>Please check in at the front desk and let them know you are attending a class. You can check in for a class no earlier than 15 minutes prior to start time.</p> <p>Classes held in Studio A, Studio B/C and the pool will have a maximum of 9 participants.</p> <p>TRX classes will have a maximum of 8 participants.</p> <p>Class length will be between 30-45 minutes.</p> <p>Follow our Facebook page for class changes and sign up to receive group fitness updates via text: Text @ymcagf2 to 81010</p>
		5:45 AM LES MILLS CXWORX Jackie Studio A		6:15 AM HIIT Rachael Studio B/C	
	8:15 AM WATER FITNESS Susan Pool		8:15 AM WATER FITNESS Susan Pool	8:15 AM WATER FITNESS Leila Pool	
8:45 AM CYCLING Autumn Studio A	8:15 AM LES MILLS BODYPUMP Briana B/C	8:45 AM CYCLING Karen Studio A		8:15 AM TRX Tammi GYM	
	9:15 AM  Jolene/Angela Studio B/C		9:15 AM  Jolene/Angela Studio B/C		
10:15 AM GENTLE YOGA Leila Studio B/C		10:15 AM STAY FIT Tammi Studio B/C		10:15 AM GENTLE YOGA Leila Studio B/C	
12:15 PM TRX Leila GYM	12:15 PM CORE Tammi Studio B/C		12:15 PM HIIT Tammi Studio B/C		
5:15 PM CYCLING Michelle Studio A			5:15 PM CYCLING Michelle Studio A		
5:30 PM YOGA Sandy Studio B/C	5:30 PM YOGA Jen Studio B/C		5:15 PM LES MILLS BODYPUMP Barb B/C		



GROUP FITNESS DESCRIPTIONS ALEXANDRIA AREA YMCA | FALL 2020

CLASS DESCRIPTIONS:

LES MILLS™ BODYPUMP™: The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

LES MILLS™ CXWORX®: Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, glute and lower back exercises.

CORE: A great class for anyone looking to increase their overall core strength. With many modifications included, this class is for beginner to advanced participants.

HIIT: High Intensity Interval Training is a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

CYCLING: Group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout.

STAY FIT: A moderate intensity class with exercises designed to increase muscular strength, range of motion, heart health and activities for daily living.

YOGA: Yoga will take you through a series of poses that combine flexibility, strength, power, and balance. This class provides an excellent and complete flexibility and toning workout.

GENTLE YOGA: A low intensity class that will help improve flexibility, strength and balance.

TRX®: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

ZUMBA®: High-intensity moves for an interval-style, calorie-burning dance fitness party.

WATER FITNESS: This water fitness class will use a combination of shallow and deep-water exercises that will include cardio and muscle strengthening. Suitable for all levels.