



GROUP FITNESS SCHEDULE WINTER 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10 AM CYCLING Jackie Studio A	5:10 AM HIIT CYCLE (15 MINUTES) Teresa Studio A	5:10 AM CYCLING Jackie Studio A	5:10 AM LES MILLS BODYPUMP Barb Studio B/C	5:10 AM TABATA Teresa Studio B/C		
	5:30 AM LES MILLS CORE Teresa Studio A					
8:15 AM WATER FITNESS Susan/Gary Pool	8:15 AM POWER WAVES Susan Pool	8:15 AM WATER FITNESS Gary Pool	8:15 AM POWER WAVES Susan Pool	8:15 AM AQUA CORE & CARDIO Kristi Pool	8:15 AM LES MILLS BODYPUMP Rotate B/C	
	8:15 AM LES MILLS BODYPUMP Autumn Studio B/C	8:45 AM CYCLING Karen Studio A	8:15 AM LES MILLS BODYPUMP Autumn Studio B/C	8:45 AM CYCLING Autumn Studio A		
9:15 AM ZUMBA Jolene/Angela Studio B/C	9:15 AM SMALL GROUP TRAINING Registration Required \$\$\$	9:15 AM ZUMBA Jolene/Angela Studio B/C	9:15 AM SMALL GROUP TRAINING Registration Required \$\$\$	9:15 AM BOOTCAMP Jolene Studio B/C		10:15 AM PRE-GAME CYCLE Rotate Studio A
	9:30 AM WARM ROLLGA (30 MINUTES) Karen Studio A	9:45 AM EXPRESS ROLLGA (15 MINUTES) Karen Studio A				
11:15 AM YOGA Amber Studio B/C	10:15 AM STAY FIT Tammi Studio B/C	10:15 AM YOGA Lyssa Studio B/C	10:15 AM STAY FIT Tammi Studio B/C	10:15 AM GENTLE YOGA Amber Studio B/C		Follow our Facebook page to stay up to date on new class offerings and sign up to receive group fitness updates via text: Text @ymcagf2 to 81010 Studio A = Upstairs Studio B/C = Downstairs
12:15 PM TRX Tammi GYM	12:15 PM TABATA Tana Studio B/C		12:15 PM BOOTCAMP Tana Studio B/C	12:15 PM LES MILLS BODYPUMP Jackie Studio B/C		
12:45 PM ENHANCE FITNESS Registration Required		12:45 PM ENHANCE FITNESS Registration Required		12:45 PM ENHANCE FITNESS Registration Required		
2:00 PM ENHANCE FITNESS Registration Required		2:00 PM ENHANCE FITNESS Registration Required		2:00 PM ENHANCE FITNESS Registration Required		
4:45 PM LES MILLS CORE Jackie Studio B/C	5:15 PM LES MILLS BODYPUMP Barb Studio B/C	5:15 PM CYCLING Michelle Studio A	5:15 PM LES MILLS BODYPUMP Briana Studio B/C			
5:15 PM CYCLING Michelle Studio A	5:30 PM WATER FITNESS Gary Pool	5:30 PM YOGA & MINDFULNESS Amber Studio B/C				
5:30 PM YOGA Sandy Studio B/C	6:30 PM ZUMBA Andria Studio B/C		6:30 PM ZUMBA Andria Studio B/C			



GROUP FITNESS DESCRIPTIONS ALEXANDRIA AREA YMCA | WINTER 2022

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™ CORE®: Exercising muscles around the core, this class 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.

ENHANCE®FITNESS: This class is an evidence-based group exercise and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. ***This program runs 16 weeks at a time. Registration is required.***

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

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

BOOTCAMP: A total body workout combining strength and cardio exercises.

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.

HIIT CYCLE: 15 minutes of cycling to get you warmed up and ready for a great core workout!

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.

POWER WAVES: A higher intensity aqua workout with interval training and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.

AQUA CORE & CARDIO: This water fitness class will focus on improving core strength along with cardio and balance. Suitable for all levels.

YOGA & MINDFULNESS: A dedicated time in your week to connect with your inner self, ground and recharge. We will practice breathwork, intentional movement and close the class with a sound bath using crystal singing bowls. This class can help with establishing a mindfulness practice, calm your spirit and gain clarity.

TABATA: Tabata is a high-intensity interval training that consists of fast-paced exercises each performed for time interspersed with a brief rest.

ROLLGA: Rollga Is a cross-directional foam roller designed to stabilize the hips, align the back and increase range of motion. The Rollga foam roller is ideal for muscle recovery, fascial health and functional restoration of movement.

PRE-GAME CYCLE: Get pumped for the big game on Sundays with this pre-game cycling workout! Instructors will rotate teaching their favorite sports themed Cycling playlists!

ZUMBA: An aerobic fitness program featuring movements inspired by various styles of dance. Great for experienced dancers or those just trying dance for the first time!

SMALL GROUP TRAINING: Combines the best training tools from a certified personal trainer with exciting 45-minute progressive workouts to help you improve cardio, strength, power and endurance for all ability levels. This approach will help you reach your fitness goals with the benefits of a personal trainer and camaraderie and support of a small group. Once you sign up for a 6-week small group training session, your spot is saved! Never have to worry about being turned away from a class. **Additional fees apply.**