














# GROUP FITNESS SCHEDULE SPRING 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:10 AM</b> CYCLING Jackie   Studio A		<b>5:10 AM</b> CYCLING Jackie   Studio A	<b>5:10 AM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Barb   Studio B/C	<b>5:10 AM</b> TABATA Teresa   Studio B/C		
<b>7:00 AM</b> FEMALE S&C Registration Required \$\$\$			<b>7:00 AM</b> FEMALE S&C Registration Required \$\$\$			
<b>8:15 AM</b> WATER FITNESS Susan/Gary   Pool	<b>8:15 AM</b> POWER WAVES Susan   Pool	<b>8:15 AM</b> WATER FITNESS Gary   Pool	<b>8:15 AM</b> POWER WAVES Susan   Pool	<b>8:15 AM</b> AQUA CORE & CARDIO Kristi   Pool	<b>8:15 AM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Rotate   B/C	
	<b>8:15 AM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Autumn   Studio B/C	<b>8:45 AM</b> CYCLING Karen   Studio A	<b>8:15 AM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Autumn   Studio B/C	<b>8:45 AM</b> CYCLING Autumn   Studio A		
<b>9:15 AM</b>  Jolene/Angela   Studio B/C	<b>9:15 AM</b> SMALL GROUP TRAINING Registration Required \$\$\$	<b>9:15 AM</b>  Jolene/Angela   Studio B/C	<b>9:15 AM</b> SMALL GROUP TRAINING Registration Required \$\$\$	<b>9:15 AM</b> BOOTCAMP Jolene   Studio B/C		<b>10:15 AM</b> CYCLING Rotate   Studio A
	<b>9:15 AM</b> ROLLGA Karen   Studio B/C	<b>9:45 AM</b> ROLLGA Karen   Studio A				
	<b>10:15 AM</b> STAY FIT Tammi   Studio B/C		<b>10:15 AM</b> STAY FIT Tammi   Studio B/C	<b>10:15 AM</b> 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 @ymcagf3 to 81010  Studio A = Upstairs  Studio B/C = Downstairs
<b>11:15 AM</b> YOGA Amber   Studio B/C	<b>11:15 AM</b>  Tana   Studio B/C					
<b>12:15 PM</b> <b>TRX</b> Tammi   GYM	<b>12:15 PM</b> TABATA Tana   Studio B/C		<b>12:15 PM</b> BOOTCAMP Tana   Studio B/C	<b>12:15 PM</b> <b>LES MILLS</b> <b>CORE</b> Jackie   Studio A		
<b>12:45 PM</b>  Registration Required		<b>12:45 PM</b>  Registration Required		<b>12:45 PM</b>  Registration Required		
<b>2:00 PM</b>  Registration Required		<b>2:00 PM</b>  Registration Required		<b>2:00 PM</b>  Registration Required		
<b>4:45 PM</b> <b>LES MILLS</b> <b>CORE</b> Jackie   Studio B/C	<b>5:15 PM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Barb   Studio B/C	<b>5:15 PM</b> CYCLING Michelle   Studio A	<b>5:15 PM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Briana   Studio B/C			
<b>5:15 PM</b> CYCLING Michelle   Studio A	<b>5:30 PM</b> WATER FITNESS Gary   Pool	<b>5:30 PM</b> YOGA & MINDFULNESS Amber   Studio B/C				
<b>5:30 PM</b> YOGA Sandy   Studio B/C	<b>6:30 PM</b>  Andria   Studio B/C		<b>6:30 PM</b>  Andria   Studio B/C			



## GROUP FITNESS DESCRIPTIONS ALEXANDRIA AREA YMCA | SPRING 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.***

**SILVERSNEAKERS™ CIRCUIT:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers™ ball is alternated with non-impact aerobic choreography.

**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.

**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. ***Registration is required.***

**FEMALE STRENGTH & CONDITIONING:** Whether you are preparing for an upcoming sports season, or looking to keep active this summer, our Female Strength and Conditioning Program is here to keep you on track! This program meets twice per week for 8-weeks. Girls entering 8th grade - 12th grade can register. You will work with a certified personal trainer that will help you improve your agility, strength and flexibility. Program meets twice per week, runs June 6- July 28. ***Registration is required.***