










# GROUP FITNESS SCHEDULE FALL 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:10 AM</b> CYCLING  Jessie   A		<b>5:10 AM</b> HIIT & HILLS CYCLE (20 MIN.) Jackie   A	<b>5:10 AM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Barb   B	<b>5:10 AM</b> TABATA CIRCUIT Barb   GYM		
	<b>6:15 AM</b> SMALL GROUP TRAINING Registration Required \$\$\$	<b>5:30 AM</b> <b>LES MILLS</b> <b>CORE</b> Jackie   A	<b>6:15 AM</b> SMALL GROUP TRAINING Registration Required \$\$\$			
<b>8:10 AM</b> WATER FITNESS Susan/Gary   Pool	<b>8:10 AM</b> TABATA WAVES Susan   Pool	<b>8:10 AM</b> WATER FITNESS Gary   Pool	<b>8:10 AM</b> POWER WAVES Susan   Pool	<b>8:10 AM</b> WATER FITNESS Kristi   Pool	<b>8:15 AM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Rotate   B	
<b>8:15 AM</b> <b>LES MILLS</b> <b>BODYCOMBAT</b> Autumn/Hannah   B	<b>8:15 AM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Cari/ Briana   B	<b>8:15 AM</b> <b>LES MILLS</b> <b>BODYCOMBAT</b> Autumn/ Hannah   B	<b>8:15 AM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Jackie   B	<b>8:15 AM</b> TOTAL BODY TONE Jolene   B	<b>8:15 AM</b> <b>LES MILLS</b> <b>BODYCOMBAT</b>  (1 <sup>st</sup> Saturday of each month)	
		<b>8:45 AM</b> CYCLING Karen   A		<b>8:45 AM</b> CYCLING Karen   A		
<b>9:15 AM</b> SMALL GROUP TRAINING Registration Required \$\$\$	<b>9:15 AM</b>  <b>ZUMBA</b> Jolene/Angela   B	<b>9:15 AM</b> SMALL GROUP TRAINING Registration Required \$\$\$	<b>9:15 AM</b>  <b>ZUMBA</b> Jolene/Angela   B	<b>9:15 AM</b>  <b>ZUMBA</b> gold Jolene   B	<b>9:30 AM</b> YOGA Rotate   B	
<b>9:15 AM</b> TOTAL BODY TONE Tamara   B		<b>9:45 AM</b> ROLLGA/STRETCH Karen   A		<b>9:45 AM</b> ROLLGA/STRETCH Karen   A		<b>Sign up to receive free group fitness updates via text:</b>  <b>Text @ymcagf4 to 81010</b>  Studio Locations:  Studio A = Upstairs  Studio B = Downstairs
<b>10:15 AM</b> GENTLE YOGA Mary   B	<b>10:15 AM</b> STAY FIT Tammi   B	<b>10:15 AM</b> YOGA + BALANCE & MOBILITY Pamela   B	<b>10:15 AM</b> STAY FIT Tammi   B	<b>10:15 AM</b> GENTLE YOGA Amber   B		
<b>12:15 PM</b> SMALL GROUP TRAINING Registration Required \$\$\$	<b>10:30 AM</b> SMALL GROUP TRAINING Registration Required \$\$\$	<b>12:15 PM</b> SMALL GROUP TRAINING Registration Required \$\$\$	<b>10:30 AM</b> SMALL GROUP TRAINING Registration Required \$\$\$			
<b>12:15 PM</b> HIIT Tamara   B	<b>12:15 PM</b> CYCLING Coming Winter 2023	<b>12:15 PM</b> MIDDAY RESET YOGA Amber   B	<b>12:15 PM</b> <b>TRX</b> Circuit Tammi   GYM	<b>12:15 PM</b> <b>LES MILLS</b> <b>BODYCOMBAT</b> 30' Autumn   B		
<b>1:30 PM</b>  <b>ENHANCE</b> <b>FITNESS</b> Registration Required	<b>5:15 PM</b> SMALL GROUP TRAINING Registration Required \$\$\$	<b>1:30 PM</b>  <b>ENHANCE</b> <b>FITNESS</b> Registration Required	<b>5:15 PM</b> SMALL GROUP TRAINING Registration Required \$\$\$	<b>1:30 PM</b>  <b>ENHANCE</b> <b>FITNESS</b> Registration Required		
	<b>5:15 PM</b>  <b>ZUMBA</b> Andria   B	<b>4:15 PM</b> CYCLE REMIX Jessie   A	<b>4:30 PM</b> HIIT Michelle   B			
<b>5:15 PM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Barb   B	<b>5:15 PM</b> WATER FITNESS Gary   Pool	<b>5:15 PM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Rachael   B	<b>5:15 PM</b> YOGA + SOUND HEALING Amber   B			
<b>5:15 PM</b> YOGA Sandy   A	<b>5:15 PM</b> CYCLING Michelle   A		<b>5:15 PM</b> CYCLING Michelle   A			



## GROUP FITNESS DESCRIPTIONS ALEXANDRIA AREA YMCA | FALL 2023

### 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.

**LES MILLS™ BODYCOMBAT™:** BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Bring your best fighter attitude and leave inhibitions at the door.

**ENHANCE@FITNESS:** This class is an evidence-based group exercise arthritis 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.

**CYCLE REMIX:** Enjoy this upbeat class with combinations of endurance and strength building intervals. With a mix of fast sprints and heavy climbs all timed to the beat of the music, you'll leave feeling energized!

**TOTAL BODY TONE:** A total body workout combining strength, toning and cardio exercises.

**YOGA + BALANCE & MOBILITY:** This class will work on exercises to increase strength, flexibility, sensory awareness, reflexes, and concentration and strengthen the skill to consistently implement safe movement strategies.

**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.

**MIDDAY RESET YOGA:** 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. Great way to take a break in your busy day!

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

**TRX® CIRCUIT:** 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. We will also include stations of other various equipment and exercises!

**HIIT & HILLS CYCLE:** 20 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.

**TABATA WAVES:** Is a high-intensity, low impact interval training that consists of fast-paced exercises each performed for time interspersed with a brief rest.

**SOUND HEALING:** 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.

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

**ROLLGA/STRETCH:** 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!

**ZUMBA GOLD:** is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity. How It Works. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

**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.***