



GROUP FITNESS SCHEDULE WINTER 2024

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



GROUP FITNESS DESCRIPTIONS ALEXANDRIA AREA YMCA | WINTER 2024

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.

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

FALL PREVENTION: 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 and prevent falls. ***Registration is required.***

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.

HOLY YOGA™: Holy Yoga embraces the essential elements of yoga: breath work, meditation and physical postures. In all of these elements, Christ is the intention of our focus and worship.

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.***