

















GROUP FITNESS SCHEDULE SUMMER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10 AM HIIT Barb B	5:10 AM LES MILLS BODYPUMP Teresa B	5:10 AM HIIT & HILLS CYCLE (20 MIN.) Jessie A	5:10 AM LES MILLS BODYCOMBAT Hannah B	5:10 AM TABATA CIRCUIT Barb GYM		
		5:30 AM LES MILLS CORE  Jessie A				
8:10 AM WATER FITNESS Susan/Gary Pool	8:10 AM POWER 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 Hannah/Autumn B	8:15 AM LES MILLS BODYPUMP Cari/ Briana B	8:15 AM LES MILLS CORE  Cari B	8:15 AM LES MILLS BODYPUMP Autumn B	8:15 AM TOTAL BODY TONE Jolene B	8:15 AM LES MILLS BODYCOMBAT (1 st Saturday of each month) Rotate B	
	8:15 AM TRX Small Group Training \$ Registration Required	8:50 AM LES MILLS BODYCOMBAT  Autumn/Hannah B	8:15 AM TRX Small Group Training \$ Registration Required			Sign up to receive group fitness updates via text: Text @ymcagf5 to 81010
9:15 AM TOTAL BODY TONE Tamara B	9:15 AM  Jolene/Angela B		9:15 AM  Jolene/Angela B	9:15 AM  Jolene/Angela B	9:30 AM YOGA Rotate B	
10:15 AM GENTLE YOGA Micara B	10:15 AM STAY FIT Tammi B	10:15 AM GENTLE YOGA Pamela B	10:15 AM STAY FIT Tammi B	10:15 AM GENTLE YOGA Sandy B		Studio Locations: Studio A = Upstairs Studio B = Downstairs
12:15 PM LES MILLS BODYCOMBAT  Autumn B	12:15 PM YOGA  Mary B	12:15 PM HIIT  Tamara B	12:15 PM LES MILLS CORE  Jessie B			
1:30 PM  Registration Required		1:30 PM  Registration Required		1:30 PM  Registration Required		All classes are 45-60 minutes unless noted otherwise.
5:15 PM LES MILLS BODYPUMP Rachael/Andria B	5:15 PM  Andria/Mari B	5:15 PM TOTAL BODY TONE Michelle B	5:15 PM LES MILLS BODYPUMP Barb B			
5:15 PM YOGA Jill A	5:15 PM PILATES Mary A		5:15 PM YOGA/BARRE Mia A			



GROUP FITNESS DESCRIPTIONS ALEXANDRIA AREA YMCA | SUMMER 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.

TOTAL BODY TONE: Total Body Tone provides you with a well-rounded workout to meet all of your needs. This class will use a variety of equipment and include cardiorespiratory, strength, and flexibility/mobility training to allow you to discover new ways to challenge yourself each week. This class is suitable for all fitness levels.

PILATES: Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

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.

YOGA/BARRE: Yoga/Barre is a low-impact workout that blends elements of yoga, Pilates, and ballet to tone muscles, improve posture, and develop agility and flexibility. Barre classes typically involve small, pulsing movements that emphasize form, alignment, and core engagement. You will also find your traditional Yoga poses throughout this workout.

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

TRX@ SMALL GROUP TRAINING: 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. ***Begins July 9th. Registration is Required. Spots are limited!***

TABATA CIRCUIT: Includes stations of various equipment and exercises that will change weekly!

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.

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

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.