

















# GROUP FITNESS SCHEDULE FALL 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:10 AM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Barb   B		<b>5:10 AM</b> HIIT & HILLS CYCLE (20 MIN.) Jessie   A	<b>5:10 AM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Teresa   B	<b>5:10 AM</b> TABATA CIRCUIT Barb   GYM		
		<b>5:30 AM</b> <b>LES MILLS</b> <b>CORE</b>  Jessie   A				
<b>8:10 AM</b> WATER FITNESS Susan/Gary   Pool	<b>8:10 AM</b> POWER 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>CORE</b>  Cari   B	<b>8:15 AM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Autumn   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) Rotate   B	
	<b>8:45 AM</b> CYCLING Karen   A	<b>8:50 AM</b> <b>LES MILLS</b> <b>BODYCOMBAT</b> Autumn/Hannah   B	<b>8:45 AM</b> CYCLING Karen   A	<b>9:15 AM</b> <b>LES MILLS</b> <b>CORE</b>  Cari   A		Sign up to receive free group fitness updates via text:  Text @ymcagf5 to 81010  Studio Locations:  Studio A = Upstairs  Studio B = Downstairs  All classes are 45-60 minutes unless noted otherwise.
<b>9:15 AM</b> TOTAL BODY TONE Tamara   B	<b>9:15 AM</b>  Jolene/Angela   B	<b>9:15 AM</b> POWER VINYASA Micara   A	<b>9:15 AM</b>  Jolene/Angela   B	<b>9:15 AM</b>  Jolene   B	<b>9:30 AM</b> YOGA Rotate   B	
	<b>9:45 AM</b> ROLLGA/ STRETCH Karen   A		<b>9:45 AM</b> ROLLGA/ STRETCH Karen   A			
<b>10:15 AM</b> GENTLE YOGA Micara   B	<b>10:15 AM</b> STAY FIT Tammi   B	<b>10:15 AM</b> GENTLE YOGA Pamela   B	<b>10:15 AM</b> STAY FIT Tammi   B	<b>10:15 AM</b> GENTLE YOGA Mia   B		
<b>12:15 PM</b> <b>TRX</b>  Circuit Tammi   GYM	<b>12:15 PM</b> ROLLGA/STRETCH  Karen   A		<b>12:15 PM</b> CIRCUIT  Tamara   B	<b>12:15 PM</b> HIIT  Mia   B		
<b>1:30 PM</b>  Registration Required		<b>1:30 PM</b>  Registration Required		<b>1:30 PM</b>  Registration Required		
<b>5:15 PM</b> <b>LES MILLS</b> <b>BODYPUMP</b> Andria   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> CYCLING Michelle   A			
<b>5:15 PM</b> YOGA Sandy   A	<b>5:15 PM</b>  Andria/Mari   A		<b>5:30 PM</b> YOGA Jill   B			
<b>6:30 PM</b> CYCLING Jessie   A	<b>5:15 PM</b> TOTAL BODY TONE Michelle   B					



## GROUP FITNESS DESCRIPTIONS ALEXANDRIA AREA YMCA | FALL 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:** 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.

**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.

**POWER VINYASA:** Radiate energy with fun vinyasa sequences that strengthen and open your body through fast-paced, total-body flows. Power Vinyasa is a full-body experience that will not only develop your athleticism, but also provide the mental benefits of a breath-based practice. This class is a great choice for intermediate yogis looking to build strength and be challenged by high-energy flows.

**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!

**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.

**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.

**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. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.