





SUMMER  
2025

# GROUP EXERCISE SCHEDULE

Alexandria Area YMCA

	MON	TUE	WED	THU	FRI	SAT
5:10 a.m.	<b>CYCLING</b> Jackie   A	<small>LES MILLS</small> <b>CORE</b> <small>OF FITNESS</small> ON DEMAND A	<b>BREW</b> (Bike, Run, Weights) Barb   A	<small>LES MILLS</small> <b>BODYPUMP</b> Teresa   B	<b>TABATA CIRCUIT</b> Barb   GYM	
8:10 a.m.	<b>WATER FITNESS</b> Susan/Gary   Pool	<b>POWER WAVES</b> Susan   Pool	<b>WATER FITNESS</b> Gary   Pool	<b>POWER WAVES</b> Susan   Pool	<b>WATER FITNESS</b> Kristi   Pool	8:15 AM <small>LES MILLS</small> <b>BODYPUMP</b> Rotate   B
8:15 a.m.	<small>LES MILLS</small> <b>BODYCOMBAT</b> Hannah   B	<small>LES MILLS</small> <b>BODYPUMP</b> Hannah/Cari   B	<small>LES MILLS</small> <b>CORE</b> 30' Cari   B	<small>LES MILLS</small> <b>BODYPUMP</b> Autumn/Barb   B	<b>TOTAL BODY TONE</b> Jolene   B	<small>LES MILLS</small> <b>BODYCOMBAT</b> 1 <sup>st</sup> Saturday of each month Rotate   B
8:50 a.m.			<small>LES MILLS</small> <b>BODYCOMBAT</b> Autumn   A		9:15 AM <small>LES MILLS</small> <b>CORE</b> 30' Cari   A	
9:15 a.m.	<b>TOTAL BODY TONE</b> Tamara   B	<b>DANCE FIT</b> Jolene/Angela   B	<b>PILATES</b> Tamara   B	<b>DANCE FIT</b> Jolene/Angela   B	<b>GENTLE RHYTHMS</b> Jolene   B	9:30 AM <b>OUTDOOR YOGA</b> Rotate   Pool Side Lawn
10:15 a.m.	<b>GENTLE YOGA</b> Mary   B	<b>STAY FIT</b> Tammi   B	<b>YOGA</b> Pamela   B	<b>STAY FIT</b> Tammi   B	<b>GENTLE YOGA</b> Amber   B	Studio Key: A = Upstairs B = Downstairs  All classes are 45-60 minutes in length unless noted otherwise.  Download the REMIND app to receive group fitness updates. Join class name: @ymcagf5  
11:15 a.m.	<b>FW CARDIO</b> Mary   B	<b>FW BALANCE</b> Tammi   B		<b>FW STRENGTH</b> Autumn   B		
12:15 p.m.	<b>TRX</b> 30' Tammi   GYM	<small>LES MILLS</small> <b>CORE</b> 30' Jessie   B	<b>CIRCUIT</b> 30' Tamara   B	<b>POWER VINYASA</b> Nicole   A		
1:30 p.m.	<small>ENHANCE</small> <b>FITNESS</b> Registration required		<small>ENHANCE</small> <b>FITNESS</b> Registration required		<small>ENHANCE</small> <b>FITNESS</b> Registration required	
5:15 p.m.	<small>LES MILLS</small> <b>CORE</b> 30' Rotate   B	<small>LES MILLS</small> <b>BODYCOMBAT</b> Hannah/Autumn   A	 <b>ZUMBA</b> Andria/ Mari   A	<small>LES MILLS</small> <b>BODYPUMP</b> Rachael/Andria   B		
5:15 p.m.	<b>YOGA</b> Sandy   A	<b>PILATES/ BARRE</b> Mary   B	<b>TOTAL BODY TONE</b> Michelle   B			

**GROUP FITNESS DESCRIPTIONS**  
**ALEXANDRIA AREA YMCA | SUMMER 2025**

**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.

**FW CARDIO:** This Foreverwell Cardio class is low impact and easy on the joints, intended to improve cardiovascular health. Participants can take the class standing or seated in a chair.

**FW STRENGTH:** This Foreverwell Strength class is designed to help participants improve their bone density, muscular strength, and range of motion. We will use a variety of equipment such as dumbbells, resistance bands and balls. Participants can take this class standing or seated in a chair.

**FW BALANCE:** This Foreverwell Balance class is designed to help participants improve their coordination and balance to help prevent falls. Chairs will be used for assistance.

**CYCLING:** Group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout.

**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.

**PILATES/BARRE:** A Pilates Barre class combines elements of Pilates, barre (ballet-inspired), and other strength training methods to create a low-impact, full-body workout. It focuses on isometric holds, small movements, and high repetitions to build strength and endurance.

**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.

**BREW:** This high-energy, hybrid class combines the best of cardio and strength! You'll rotate through intervals of indoor cycling, running, and strength training designed to build endurance, boost your metabolism, and challenge every major muscle group. Expect sprints on the bike and track, and strength circuits with dumbbells, kettlebells, and bands.

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

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

**TRX® CIRCUIT:** TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. We will also include stations of other various equipment and exercises!

**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.

**ZUMBA:** An aerobic fitness program featuring movements inspired by various styles of dance, with an emphasis on Latin style. Great for experienced dancers or those just trying dance for the first time!

**DANCE FIT:** Is a class that combines dance with cardio, strength, and stretching exercises, set to upbeat music. It's a fun, judgment free environment where participants can get a workout while enjoying the music and movement of familiar songs you know and love today!

**GENTLE RHYTHMS:** Is a modified dance class for active older adults that includes dance moves you love at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.