



# Withnell Family YMCA Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM Studio B	Bootcamp Andrea N.		Bootcamp Andrea N.		Bootcamp Andrea N.	
5:30 AM Studio A		Yoga Andrea N.		Yoga Andrea N.		
5:30 AM Studio B		Indoor Cycle Amanda M.		Indoor Cycle Amanda M.		
8:00 AM Studio A.	Vinyasa Yoga Vanessa R.	Gentle Yoga Vanessa R.	Vinyasa Yoga Vanessa R.(45 min) *8:30AM Studio B	Gentle Yoga Vanessa R.	Vinyasa Yoga Vanessa R.	
8:00 AM Studio B		Indoor Cycle Andrea N.		Indoor Cycle Andrea N.		
8:00 AM Pool		Power Aqua Fitness Kate P.		Power Aqua Fitness Kate P.		
9:00 AM Studio A			Therapeutic Yoga Zorah C.			
9:30 AM Studio B	EnhanceFitness® Registration Only	Zumba Gold Amanda M.	EnhanceFitness® Registration Only	Zumba Gold Amanda M.	EnhanceFitness® Registration Only	Body Flex
10:00 AM Studio A	TaiChi 24 Roxanne M.	Yoga Kristen A.	TaiChi 24 Roxanne M.	Yoga Kristen A.	Private Group *10:15-11:30	
10:00 AM Wellness		Pedaling for Parkinson's Kate P. *Pre-Registration		Pedaling for Parkinson's Kate P. *Pre-Registration		
10:45 AM Studio B	Barre Andrea N.	Mat Pilates Kate P. *11:00am	Barre Andrea N.	Mat Pilates Kate P. *11:00am	Barre Andrea N.	Zumba Alyssa R. *10:30
11:00 AM Studio A	Tai Chi: Beginners Roxanne M.	Tai Ji Quan: Moving for Better Balance Emily R.	Tai Chi: Beginners Roxanne M.	Tai Ji Quan: Moving for Better Balance Emily R.		
11:00 AM Pool		Aqua Fitness Robin A.		Aqua Fitness Robin A.		
12:00 PM Studio B	Body Flex Katie S.	Interval Step Tina E.	Body Flex Katie S.	Interval Step Tina E.	Body Flex Katie S.	
12:00 PM Studio A	Zumba Andrea N.		Zumba Andrea N.		Zumba Andrea N.	
1:30 PM Studio B	EnhanceFitness® *Registration Only		EnhanceFitness® *Registration Only		EnhanceFitness® *Registration Only	
4:30 PM Studio A					Restorative Yoga Andrea N.	
4:30 PM Studio B		H.I.I.T Vincent S.		H.I.I.T Vincent S.		
5:30 PM Studio B	Body Flex Tina E.	Body Flex Katie S.	Body Flex Tina E.	Body Flex Katie S.	Body Flex Tina E.	
6:30 PM Studio A	Yoga Chelsie G.					
6:30 PM Studio B	Release & Recover Melissa R.	Cardio Dance-HIIT Tina E./Alyssa R.	Release & Recover Melissa R.	Cardio Dance-HIIT Tina E./Alyssa R.		

# Class Descriptions

- Barre** A total-body workout that fuses ballet-based Barre work with strength training and core work.
- Body Flex** Using traditional weight training techniques set to music, this class enables you to achieve extra muscle tone to help reshape your body, increase strength, flexibility, endurance, and bone density.
- Boot Camp** High-intensity, military-style workout class. It will incorporate cardiovascular and strength training. This class routine will vary from obstacle courses to circuit training This is for all levels of physical fitness
- HIIT** High Intensity Interval Training. A total body, heart pumping, aerobic, and strength conditioning workout.
- Indoor Cycle** Also called Spinning, the workout uses a special stationary exercise bicycle with a weighted flywheel in a classroom setting. It's a low-impact way to engage your whole body, build endurance, burn fat, and have fun.
- Tai Chi** The Simplified 24 Tai Chi routine is the most popular form of tai chi practiced around the world and consists of 24 slow, connected circular movements. Practicing tai chi stimulates the mind, body and spirit while lowering blood pressure and increasing muscle strength.
- Tai Chi Moving for Better Balance:** Improve your balance and core strength with this gentle modified exercise. The low-impact movements are suitable for seniors and anyone with limited mobility. Practiced regularly reduces one's risk of falling by half.
- Zumba** An exercise fitness program that combines motivational music with Latin dance moves and combinations that allow you to dance away your worries. This class uses interval and resistance training to burn fat, tone muscles, and give a total body workout.
- Yoga** Rejuvenate, strengthen, and heal your body. This class is held at a slower pace and focuses on stretching all areas of the body while releasing stress and tension from joints and muscles.
- Vinyasa Yoga - Linking poses together in a flow to create strength, flexibility, endurance and balance.
  - Restorative Yoga - Quieting the mind, releasing tension in the body and calming the nervous system through poses that are close to the ground and held for 1-5 minutes. Props are used to support the body.
  - Gentle Yoga - Slow flow that focuses on flexibility and strength along with focusing on breath work to ease the nervous system. Cued modifications along with props to guide you safely into the poses. All levels welcome.
- Release & Recover** Guided self-myofascial release—or self-massage—using foam rollers and other techniques. Correct muscle imbalances, improve joint range of motion, reduce soreness, and improve tissue recovery from strength training.