



Withnell Family YMCA Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM Studio B	Bootcamp Andrea N.	Indoor Cycle Amanda M.	Bootcamp Andrea N.	Indoor Cycle Amanda M.	Bootcamp Andrea N.	
5:30 AM Studio A		Yoga Andrea N.		Yoga Andrea N.		
8:00 AM Studio A.		Gentle Yoga Vanessa R.		Gentle Yoga Andrea N.	Vinyasa Yoga Joyce D.	
8:00 AM Studio B		Indoor Cycle Andrea N.		Indoor Cycle Staff		
8:00 AM Pool		Aqua Fitness Self Lead		Aqua Fitness Self Lead		
9:00 AM Studio A			Therapeutic Yoga Zorah C.			Yoga *9:30AM
9:30 AM Studio B	EnhanceFitness® Registration Only		EnhanceFitness® Registration Only		EnhanceFitness® Registration Only	Body Flex
10:00 AM Studio A	TaiChi 24 Roxanne M.	Yoga Kristen A.	TaiChi 24 Roxanne M.	Yoga Kristen A.		
10:00 AM Studio B		Pedaling-Parkinson's *Pre-Registration		Pedaling-Parkinson's *Pre-Registration		
10:45 AM Studio B	Barre Andrea N.		Barre Andrea N.		Barre Andrea N.	Zumba Alyssa R. *10:30
11:00 AM Studio A	Tai Chi: Beginners Roxanne M.		Tai Chi: Beginners Roxanne M.			
11:00 AM Pool	Water Warriors Robin A.	Water Warriors Robin A.	Water Warriors Robin A.	Water Warriors 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.	Active Core Emily R.	Zumba Andrea N.	Mat Pilates Robin A. *12:15 **Starting 3/14	Zumba Andrea N.	
1:00 PM Studio A		Tai Ji Quan: Moving for Better Balance Emily R.		Tai Ji Quan: Moving for Better Balance Emily R.		
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 Hannah R.		H.I.I.T Hannah R.		
5:00 PM Pool					Deep Water H.I.I.T. Robin A.	
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.		



Class Descriptions

Active Core	Focused on strengthening the deep core, shoulders and hips. You'll work on range of motion, and see improvement in flexibility, posture and body awareness. Similar to Mat Pilates.
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.
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.
Tai Chi	<p>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.</p> <p>Practicing tai chi stimulates the mind, body and spirit while lowering blood pressure and increasing muscle strength.</p> <p><u>Tai Chi Moving for Better Balance</u>: 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.</p>
Water Warriors	A fun, high energy workout in the shallow pool. Suitable for all abilities looking for a cardio workout using the water for resistance.
Yoga	<ul style="list-style-type: none">• Vinyasa Yoga - Linking poses together in a flow to create strength, flexibility, endurance and balance.• Restorative Yoga - Quietening 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. All levels welcome.
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.