



# Withnell Family YMCA Group Exercise Schedule

	Monday	Tuesday	Wednesday
5:30 AM	Bootcamp Hannah R. Studio B		Bootcamp Hannah R. Meet in Gym
5:30 AM Capitol Room		Yoga Andrea N.	
8:00 AM Capitol Room		Gentle Yoga Vanessa R. (45 minutes)	
8:00 AM Pool		Aqua Fitness Self Lead	
9:00 AM Capitol Room			Therapeutic Yoga Zorah C.
10:00 AM Capitol Room			TaiChi 24 Roxanne M.
11:00 AM Pool	Water Warriors Robin A.	Water Warriors Robin A.	Water Warriors Robin A.
12:00 PM Capitol Room		Active Core Emily R. (45 minutes)	



# Class Descriptions

<b>Active Core</b>	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.
<b>Barre</b>	A total-body workout that fuses ballet-based Barre work with strength training and core work.
<b>Body Flex</b>	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.
<b>Boot Camp</b>	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.
<b>HIIT</b>	High Intensity Interval Training. A total body, heart pumping, aerobic, and strength conditioning workout.
<b>Indoor Cycle</b>	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.
<b>Release &amp; Recover</b>	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.
<b>Tai Chi</b>	<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>
<b>Water Warriors</b>	A fun, high energy workout in the shallow pool. Suitable for all abilities looking for a cardio workout using the water for resistance.
<b>Yoga</b>	<ul style="list-style-type: none"><li>• Vinyasa Yoga - Linking poses together in a flow to create strength, flexibility, endurance and balance.</li><li>• 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.</li><li>• Gentle Yoga - Slow flow that focuses on flexibility and strength along with focusing on breath work to ease the nervous system. All levels welcome.</li></ul>
<b>Zumba</b>	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.