

# Withnell Family YMCA Group Exercise Classes

| Studio A                                                                       | Monday                                | Tuesday                                       | Wednesday                             | Thursday                                      | Friday                                | Saturday                       |
|--------------------------------------------------------------------------------|---------------------------------------|-----------------------------------------------|---------------------------------------|-----------------------------------------------|---------------------------------------|--------------------------------|
| 5:30 AM                                                                        |                                       | Vinyasa<br>Andrea N.                          |                                       | Vinyasa<br>Andrea N.                          |                                       |                                |
| 7:00AM                                                                         | Enhance Fitness<br>Registration Only  |                                               | Enhance Fitness<br>Registration Only  |                                               | Enhance Fitness<br>Registration Only  |                                |
| 8:00 AM                                                                        | Beg. Barre<br>Sarah C.                | Gentle Yoga<br>Sarah V.                       | Beg. Barre<br>Sarah C.                | Gentle Yoga<br>Vanessa R.                     | Vinyasa<br>Kristen A.                 |                                |
| 9:00 AM                                                                        | Therapeutic Yoga<br>Demian M.         | REFIT<br>Liz L.                               | Therapeutic Yoga<br>Demian M.         | REFIT<br>Liz L.                               | Therapeutic Yoga<br>Demian M.         | Yoga<br>Nakai H.<br>*9:30AM    |
| 10:00 AM                                                                       |                                       | Yoga<br>Kristen A.                            |                                       | Yoga<br>Kristen A.                            |                                       |                                |
| 12:00 PM                                                                       | Zumba<br>Andrea N.                    | Pilates<br>Brooke S.                          | Zumba<br>Andrea N.                    | Full Body Sculpt Pilates<br>Mady F.           | Zumba<br>Andrea N.                    |                                |
| 5:00 PM                                                                        | H.I.I.T.<br>Paige K.<br>30 min        | Bootcamp<br>Melissa S.<br>*starts 9/9         | H.I.I.T.<br>Paige K.<br>30 min        | Bootcamp<br>Melissa S.<br>*starts 9/9         |                                       |                                |
| 6:00 PM                                                                        | Pilates<br>Melody G.                  |                                               | Pilates<br>Melody G.                  |                                               |                                       |                                |
| 7:00 PM                                                                        | Release & Recover<br>Melody G.        |                                               | Release & Recover<br>Melody G.        |                                               |                                       |                                |
| Studio B                                                                       | Monday                                | Tuesday                                       | Wednesday                             | Thursday                                      | Friday                                | Saturday                       |
| 5:30 AM                                                                        | Bootcamp<br>Melissa S.                | Indoor Cycle<br>Amanda M.                     | Bootcamp<br>Melissa S.                | Indoor Cycle<br>Amanda M.                     | Bootcamp<br>Melissa S.                |                                |
| 8:00 AM                                                                        | Body Flex<br>Katie S.                 | Indoor Cycle<br>Andrea N.                     | Body Flex<br>Katie S.                 | Indoor Cycle<br>Andrea N.                     | Body Flex<br>Katie S.                 | Indoor Cycle<br>Amanda M.      |
| 9:30 AM                                                                        | Enhance Fitness<br>*Registration Only | Balance & Fall Prevention<br>Betty<br>*9:15AM | Enhance Fitness<br>*Registration Only | Balance & Fall Prevention<br>Betty<br>*9:15AM | Enhance Fitness<br>*Registration Only | Body Flex<br>Staff             |
| 10:00 AM                                                                       |                                       | Pedaling- Parkinson's<br>*Pre-Registration    |                                       | Pedaling- Parkinson's<br>*Pre-Registration    |                                       |                                |
| 10:45 AM                                                                       | Barre<br>Sarah C.                     |                                               | Barre<br>Sarah C.                     |                                               | Barre<br>Sarah C.                     | Zumba<br>Alyssa R.<br>*10:30AM |
| 12:00 PM                                                                       | Body Flex<br>Shannon C.               |                                               | Body Flex<br>Shannon C.               |                                               | Body Flex<br>Shannon C.               |                                |
| 1:30 PM                                                                        | Enhance Fitness<br>*Registration Only |                                               | Enhance Fitness<br>*Registration Only |                                               | Enhance Fitness<br>*Registration Only |                                |
| 5:30 PM                                                                        | Body Flex<br>Tina E.                  | Body Flex<br>Michelle D.                      | Body Flex<br>Tina E.                  | Body Flex<br>Katie S.                         | Body Flex<br>Tina E.                  |                                |
| 6:30 PM                                                                        | Zumba<br>Amanda M.                    | Cardio Dance - H.I.I.T<br>Tina E.             |                                       | Cardio Dance - H.I.I.T<br>Tina E.             |                                       |                                |
| Pool                                                                           | Monday                                | Tuesday                                       | Wednesday                             | Thursday                                      | Friday                                | Saturday                       |
| 8:00 AM                                                                        | Aqua Fitness<br>Olivia M.             | Aqua Fitness<br>Staff                         | Aqua Fitness<br>Olivia M.             | Aqua Fitness<br>Staff                         |                                       |                                |
| 11:00 AM                                                                       | Aqua Fitness<br>Olivia M.             | Aqua Fitness<br>Staff                         | Aqua Fitness<br>Olivia M.             | Aqua Fitness<br>Staff                         |                                       |                                |
| 6:00 PM                                                                        |                                       |                                               |                                       |                                               |                                       |                                |
| Check online schedule for last minute changes.<br>theYonline.org/group-fitness |                                       |                                               |                                       |                                               |                                       |                                |

# Class Descriptions

## Aqua Fitness

A fun, high energy workout in the shallow pool. Suitable for all abilities looking for a cardio workout using the water for resistance.

## Balance & Fall Prevention

A fun, 30 minute class focusing on balance, coordination and fall prevention. This class uses simple tools and movements to help increase stability and posture. This class is suitable for individuals with Parkinson's and those individuals with a high fall risk.

## 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.

## Pilates

Pilates offers a holistic approach to fitness that emphasizes the connection between the mind and body. Unlike many traditional workouts that isolate specific muscle groups, Pilates integrates movements to target the entire body, with a particular focus on strengthening the core muscles. This core-centered approach is foundational to Pilates, as a strong core supports overall body alignment, balance, and functional movement.

## Full Body Sculpt Pilates

A dynamic Pilates-style class designed for those ready to level up their practice. Traditional Pilates mat blended with light weights and resistance to build total-body strength, improve muscle tone and challenge core stability. Movements are slow, controlled and precise to increase difficulty, strength and endurance. Prior Pilates experience is recommended, but modifications are provided so participants can choose the challenge that works best for their body.

## REFIT

REFIT® is a workout you can feel good about! With powerful moves and positive music, you'll discover an inspiring workout that changes your body, mind and soul. This cardio focused class is effective and FUN! REFIT® is perfect for beginners and challenging for fitness enthusiasts. It is a workout designed for everyBODY!

## 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.

## Yoga

- 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. 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.

# Horario de ejercicios grupales de Withnell Family YMCA

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| 9:00 AM                                                                        | Therapeutic Yoga<br>Demian M.         | REFIT<br>Liz L.                               | Therapeutic Yoga<br>Demian M.         | REFIT<br>Liz L.                               | Therapeutic Yoga<br>Demian M.         |                                 |
| 9:30 AM                                                                        |                                       |                                               |                                       |                                               |                                       | Yoga<br>Nakai H.                |
| 10:00 AM                                                                       |                                       | Yoga<br>Kristen A.                            |                                       | Yoga<br>Kristen A.                            |                                       |                                 |
| 12:00 PM                                                                       | Zumba<br>Andrea N.                    | Pilates<br>Brooke S.                          | Zumba<br>Andrea N.                    | Full Body Sculpt Pilates<br>Mady F.           | Zumba<br>Andrea N.                    |                                 |
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| 6:30 PM                                                                        | Zumba<br>Amanda M.                    | Cardio Dance - H.I.I.T<br>Tina E.             |                                       | Cardio Dance - H.I.I.T<br>Tina E.             |                                       |                                 |
| Pool                                                                           | Monday                                | Tuesday                                       | Wednesday                             | Thursday                                      | Friday                                | Saturday                        |
| 8:00 AM                                                                        | Aqua Fitness<br>Olivia M.             | Aqua Fitness<br>Staff                         | Aqua Fitness<br>Olivia M.             | Aqua Fitness<br>Staff                         |                                       |                                 |
| 11:00 AM                                                                       | Aqua Fitness<br>Olivia M.             | Aqua Fitness<br>Staff                         | Aqua Fitness<br>Olivia M.             | Aqua Fitness<br>Staff                         |                                       |                                 |
| 6:00 PM                                                                        |                                       |                                               |                                       |                                               |                                       |                                 |
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# Descripción de la clase

## Aqua Fitness

Un entrenamiento divertido y lleno de energía en la piscina poco profunda. Adecuado para todos los niveles que buscan un entrenamiento cardiovascular utilizando el agua como resistencia.

## Balance & Fall Prevention

Una clase divertida de 30 minutos enfocada en el equilibrio, la coordinación y la prevención de caídas. Esta clase utiliza herramientas y movimientos sencillos para ayudar a mejorar la estabilidad y la postura. Es adecuada para personas con párkinson y con alto riesgo de caídas.

## Barre

Un entrenamiento para todo el cuerpo que fusiona el trabajo de barra basado en el ballet con el entrenamiento de fuerza y el trabajo central.

## Body Flex

Usando técnicas tradicionales de entrenamiento con pesas con música, esta clase le permite lograr un tono muscular adicional para ayudar a remodelar su cuerpo, aumentar la fuerza, la flexibilidad, la resistencia y la densidad ósea.

## Boot Camp

Clase de entrenamiento estilo militar de alta intensidad. Incorporará entrenamiento cardiovascular y de fuerza. Esta rutina de clase variará desde carreras de obstáculos hasta entrenamiento en circuito. Esto es para todos los niveles de condición física.

## HIIT

Entrenamiento de intervalos de alta intensidad. Un entrenamiento de cuerpo completo, bombeo cardíaco, aeróbico y acondicionamiento de fuerza.

## Indoor Cycle

También llamado "Spinning", el ejercicio utiliza una bicicleta de ejercicios estacionaria especial con un volante de inercia ponderado en un salón de clases. Es una forma de bajo impacto de involucrar a todo el cuerpo, aumentar la resistencia, quemar grasa y divertirse.

## Pilates

Pilates ofrece un enfoque holístico del fitness que enfatiza la conexión entre la mente y el cuerpo. A diferencia de muchos entrenamientos tradicionales que aíslan grupos musculares específicos, Pilates integra movimientos para trabajar todo el cuerpo, con especial atención al fortalecimiento de los músculos del core. Este enfoque centrado en el core es fundamental para Pilates, ya que un core fuerte favorece la alineación corporal general, el equilibrio y el movimiento funcional.

## Full Body Sculpt Pilates

Una clase dinámica de Pilates diseñada para quienes desean mejorar su práctica. Pilates tradicional en mat, combinado con pesas ligeras y resistencia, fortalece todo el cuerpo, mejora el tono muscular y fortalece el core. Los movimientos son lentos, controlados y precisos para aumentar la dificultad, la fuerza y la resistencia. Se recomienda experiencia previa en Pilates, pero se ofrecen modificaciones para que los participantes elijan el reto que mejor se adapte a su cuerpo.

## REFIT

REFIT® es un entrenamiento que te hará sentir bien. Con movimientos potentes y música positiva, descubrirás un entrenamiento inspirador que transforma tu cuerpo, mente y alma. ¡Esta clase centrada en el cardio es efectiva y DIVERTIDA! REFIT® es perfecto para principiantes y un reto para los entusiastas del fitness. ¡Es un entrenamiento diseñado para todos!

## Release & Recover

Liberación automiofascial guiada (o automasaje) utilizando rodillos de espuma y otras técnicas. Corrija los desequilibrios musculares, mejore el rango de movimiento de las articulaciones, reduzca el dolor y mejore la recuperación de los tejidos del entrenamiento de fuerza.

## Yoga

- Vinyasa Yoga - Vincular poses juntas en un flujo para crear fuerza, flexibilidad, resistencia y equilibrio.
- Restorative Yoga - Aquietar la mente, liberar la tensión en el cuerpo y calmar el sistema nervioso a través de posturas que están cerca del suelo y se mantienen durante 1-5 minutos. Los apoyos se utilizan para sostener el cuerpo.
- Gentle Yoga - Flujo lento que se enfoca en la flexibilidad y la fuerza junto con el trabajo de respiración para aliviar el sistema nervioso. Modificaciones con claves junto con accesorios para guiarlo de manera segura en las poses. Todos los niveles son bienvenidos.

## Zumba

Un programa de ejercicio físico que combina música motivadora con movimientos de baile latino y combinaciones que te permiten olvidarte de tus preocupaciones bailando. Esta clase utiliza entrenamiento de resistencia e intervalos para quemar grasa, tonificar los músculos y ejercitar todo el cuerpo.