



# Clinton Family YMCA Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cardio HIIT</b> 8:30am Upstairs	<b>Cardio HIIT</b> 8:30am Upstairs	<b>Mat Pilates</b> 8:00am Group Fitness Studio	<b>Cardio HIIT</b> 8:30am Upstairs	<b>Mat Pilates</b> 8:00am Upstairs	<b>Jump Roping</b> 8:00am Upstairs	<b>Y-FIT</b> 1:00pm Group Fitness Studio
<b>Ballet Barre</b> 9:30am Group Fitness Studio	<b>Line Dancing</b> 9:30am Group Fitness Studio	<b>Cardio HIIT</b> 8:30am Upstairs	<b>Ballet Barre</b> 9:30am Cardio Room	<b>Cardio HIIT</b> 8:30am Group Fitness Studio	<b>Zumba</b> 10:00am Group Fitness Studio	<b>Y Cycle</b> 3:00pm Cardio Room
<b>Pilates Reformer</b> 9:30am Reformer Studio	<b>Pilates Reformer</b> 9:30am Reformer Studio	<b>Strength Train Together</b> 9:00am Group Fitness Studio	<b>Pilates Reformer</b> 9:30am Reformer Studio	<b>Line Dancing</b> 9:30am Group Fitness Studio		
<b>Silver Sneakers Classic</b> 10:30am Group Fitness Studio	<b>Silver Sneakers Yoga/Stretch</b> 10:30am Group Fitness Studio	<b>Pilates Reformer</b> 9:30am Reformer Studio	<b>Silver Sneakers Classic</b> 10:30am Group Fitness Studio	<b>Silver Sneakers Yoga/Stretch</b> 10:30am Group Fitness Studio		
<b>Silver Sneakers BOOM</b> 10:30am Group Fitness Studio	<b>Yoga</b> 4:30pm Group Fitness Studio	<b>Silver Sneakers Cardio Circuit</b> 10:30am Martha Group Fitness Studio	<b>Cardio HIIT</b> 5:30pm Group Fitness Studio	<b>Y Cycle</b> 5:30pm Cardio Room		
<b>Pilates Reformer</b> 4:30pm Reformer Studio	<b>Cardio HIIT</b> 5:30pm Group Fitness Studio	<b>Step Aerobics</b> 5:30pm Group Fitness Studio				
<b>Step Aerobics</b> 5:30pm Group Fitness Studio	<b>ZUMBA</b> 6:15pm Group Fitness Studio	<b>Choreorobics Dance</b> 6:15pm				
<b>Y Cycle</b> 5:30pm Penny						

# Class Descriptions

## Y Cycle

A cardiovascular workout on the stationary bike. This class burns an average of 400-600 calories in an instructor-led, group cycling class. Fun, energizing music and a great workout for a variety of fitness levels.

## Zumba®

A cardiovascular workout that uses Latin-inspired dance moves set to international music.

## Cardio HIIT

A total body, metabolism boosting, cardio workout using timed intervals.

## Ballet Barre

Total body workout is a fusion of ballet barre exercises, Pilates core work, yoga flexibility and resistance training that will sculpt, stretch and tone major muscle groups. Class may include balls, bands or dumbbells. No dance experience needed.

## Reformer Pilates

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

## Step Aerobics

Classes make cardio fitness fun by offering an aerobic workout that is boosted with choreography and group motivation. Step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music.

## Y Fit

These style classes are designed to be different all the time with intervals of strength and cardio. While our instructors may push you our goal is to offer encouragement.

## Jump Roping

Jumping roping helps burning calories, have better coordination, increase stronger bones and improved heart health.

## Line Dancing

45 minute line dance class designed to give you a great workout while have lots of fun.

## Yoga

Balance, flexibility, stamina, strength, relaxing, bliss. All levels of participants are welcome to join this workout that gets back to the root of fitness and well-being. Mats are available or bring your own.

## Silver Sneakers Classes

Low impact cardio class great for the \*young at heart\*. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support

**Strength Train Together.** Blasts all your muscles with this high-rep weight training workout for all fitness levels. Combination of squats, lunges, presses and curls with functional integrated exercises to strengthen and sculpt the body!