



Group Exercise Schedule

Cranston YMCA – Summer– Effective June 1, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga 8:00 – 9:00am Robin	Yoga Stretch 9:00 – 10:00am Larisa	Yoga 8:00 – 9:00am Robin	Interval Training 9:00 – 10:00am Larisa	Zumba 9:30 – 10:30am Fatima	Cycle* 8:00am–8:45am Ashley	Hip Hop Fit 10:00–11:00a Tameekah
Cycle & Circuit* 9:15 – 10:15am Robin	Water Aerobics 9:00 – 10:00am Tracey	Cycle & Circuit* 9:15 – 10:15am Robin	Water Aerobics 9:00 – 10:00am Tracey	Les Mills Grit* 5:00 – 5:30pm Ashley	Les Mills BodyPump* 9:00 – 10:00am Ashley	
Les Mills Grit* 5:30 – 6:30pm Ashley	Les Mills BodyPump* 5:30 – 6:30pm Lisa	Silver Sneaker's Classic 10:30 – 11:30am Jean	Silver Sneaker's Yoga Stretch 10:30 – 11:30am Jean	Cardio Dance 6:00 – 7:00pm Lisa		
	Cycle* 5:00 – 5:45pm Ashley		Les Mills Body Pump* 5:30 – 6:30pm Lisa			
	Hip Hop Fit 6:30 – 7:30pm Tameekah		Cycle* 5:00 – 5:45pm Ashley			
			Cardio Dance 6:30 – 7:30pm Lisa			

(*) Registration Required

- Studio 1
- Studio 2
- Water Fitness



Group Exercise Class Descriptions

Cranston YMCA

CARDIO DANCE– This class fuses musical rhythms and choreographed dance moves together to create a dynamic workout that's designed for fun--and a good workout--in mind. Moving to the music allows your mind to relax while your body is in constant motion.

CHAIR YOGA– This class helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress all while seated in a chair! Focusing on breathing exercises, stretching, yoga postures, and final relaxation.

CYCLE– this class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

CYCLE & CIRCUIT – This class is an on and off the bike workout: the class begins with a warm-up and first cycle song, then the intervals alternate between being on and off the bike and the segments focus on cardio and strength exercises.

HIP HOP FIT: Blood pumping music and high energy aerobic exercise--this class combines dance moves with energetic music to help burn calories and increase cardiovascular endurance. The use of weights may be incorporated.

INTERVAL TRAINING– This class incorporates a combination of cardio and strength circuits with periods of cardio burst that will leave you wanting more. All levels welcome! Bring your water and let's go!

LES MILLS GRIT – Grit is a 30 minute high intensity interval training (HIIT) workout designed to improve strength, cardiovascular fitness and build lean muscle. This workout used barbell, weight plate and body weight exercises to blast all major muscle groups.

LES MILLS BODY PUMP – The ideal workout for anyone looking to get lean, toned and fit--fast. Using light to moderate weights on a barbell with lots of repetition, BODY PUMP gives you a total body workout. It will sure burn calories.

SENIOR STRENGTH– This class will focus on total body and core strength while incorporating balance moves and stretches. It is the perfect way for all seniors to improve overall flexibility and strength while increasing their balance and stability. This class may be done seated or standing and may utilize a variety of equipment.

YOGA STRETCH– This class will lead you through a Vinyasa yoga sequence focused on opening the hips, quads and hamstrings, while also providing poses to strengthen your core and improve your balance.

ZUMBA– This is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training--Alternating fast and slow rhythms--to help improve cardiovascular fitness.