



# June 2022 Group Exercise Schedule

## East Side/Mt. Hope YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycle Cristin 6:30 - 7:15 am		Cycle Cristin 6:30 - 7:15 am	Chair Yoga Jean 10 - 11 am	Yoga Michael 9 - 10 am	Cycle Cristin 8 - 9am
	Yoga John 7:30 - 8:30 am	Water Fitness Tracey 9:45 - 10:45 am	Yoga John 7:30 - 8:30 am			
	Senior Strength Jean 11 am - 12 pm			Senior Strength Jean 11:15 am - 12 pm		
		Zumba Kristin 5:30 - 6:30 pm	Zumba Kristin 5:30 - 6:30 pm			
Body Pump Nick 6 - 7 pm				Body Combat Nick 6 - 7 pm		



**Body Pump** – BODYPUMP™ is a barbell workout designed to get you lean, toned, and fit. The combination of scientifically-backed moves, a motivating instructor, and great music helps you achieve much more than you would on your own.

**Chair Fitness** – This class includes cardio exercises to fun music as well as strengthening exercises for the whole body. Exercises can be done seated in a chair, or done standing using the chair for support.

**Core & More** – This class focuses on Core Strengthening, including toning exercises for the lower body.

**Drum Fitness** – Class designed for Seniors using drum sticks and a stability ball. Class can be seated or standing. Join the fun! Registration is required.

**Group Cycle** – This instructor-led stationary bike workout is set to motivating music for a challenging bike ride. This class provides a great cardio workout! Registration is required.

**Low Impact** – This class includes low impact aerobics for cardiovascular strength and endurance, followed by a stretching and strength component.

**Pilates** – Focusing on core strength, this mind-body conditioning class uses stretching, strengthening, and breathing to tone muscles, increase flexibility, and improve posture.

**Step** – A form of aerobic exercise that involves stepping on and off a small platform. Step experience is recommended.

**Step Interval** – Involves alternating between periods of high and low intensity exercise.

**Strength Interval Training** – These classes incorporate traditional weight training exercises, such as squats, presses, lifts, and curls. All major muscle groups are worked using barbells, dumbbells, and other equipment.

**Yoga** – Incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.

**Yogalates** – Yoga and Pilates movements are combined to develop strong core muscles, greater strength, flexibility and posture. Learn to coordinate breath with movement to create total mind-body awareness.

**Zumba** – An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.