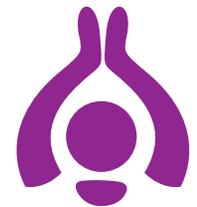
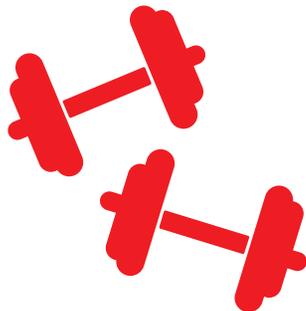




August 2022 Group Exercise Schedule

Newman YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT 8:00 am – 9:00 am Michelle A Gymnasium	Cycle 8:00 am – 9:00 am Dean Gymnasium	Strength & Conditioning 8:00 am – 9:00 am Michelle A Gymnasium	Cycle 8:00 am – 9:00 am Dean Gymnasium	Cycle 8:00 am – 9:00 am Michelle A Gymnasium	Tone 7:30 am – 8:30 am Juliette Circle Room by the front desk
Water Exercise 8:45 am – 9:30 am Tori Pool	Express Barbell 9:15 am – 10:00 am Michelle A Gymnasium <i>New Class</i>	Water Exercise 8:45 am – 9:30 am Tori Pool		Water Exercise 8:45 am – 9:30 am Tori Pool	Cycle 7:45 am – 8:45 am Dean Gymnasium
Chair Yoga 10:00 am – 10:45 am Eva Circle Room by the front desk		Chair Yoga 10:00 am – 10:45 am Eva Circle Room by the front desk		Senior Strength 10:00 am – 10:45 am Michelle A Circle Room by the front desk	
Zumba 5:30 pm – 6:30 pm Robyn 1/2 Gymnasium		Open Gym 9:00 am – 10:00 am	Zumba 5:30 pm – 6:30 pm Robyn 1/2 Gymnasium		
		Cycle 6:00 pm – 7:00 pm Dean 1/2 Gymnasium	Water Exercise 6:30 pm – 7:15 pm Patti Pool		





August 2022 Group Exercise Schedule

Newman YMCA

Group Exercise Class Descriptions

CYCLE

Group stationary cycling class offering a high intensity workout. Also known as "spinning." Join us on our Schwinn bikes as our cycling coaches take you on a challenging ride that will push you to the max.

LES MILLS™ BODY COMBAT

This exercise class lets you punch and kick your way towards your fitness goals. This class offers a great whole-body workout for cardio fitness and is also superb for burning fat, releasing stress, and improving coordination.

STRENGTH & CONDITIONING

A strengthening class designed for all! This class focuses on controlled movements and targeting the major muscle groups. Strength and Conditioning aims to improve daily living skills through better strength, balance, flexibility, and agility.

CHAIR YOGA

A gentle class adapting yoga poses with a chair. This class offers awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.

HIIT

High Intensity Interval Training is a full-body workout. With its rigorous interval training sequence and high intensity exercises, it builds cardiovascular fitness while improving muscle strength and endurance. Join us and be challenged to push your limits!

ZUMBA®

This class combines high energy and motivating music with unique moves and combinations. The Latin and international music dance themes create a dynamic, exciting, and effective workout.

AQUA AEROBICS

Join us in the pool as our aqua instructors guide you through a low impact but high intensity workout. This class is designed to improve flexibility, range of motion, strength, and cardiovascular endurance while using the resistance of the water to cushion feet, knees, and back.

LES MILLS™ TONE

This class combines blocks of strength, cardio, and core training into one convenient workout. TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

EXPRESS BARBELL

This class is designed to build and tone your muscles while improving your overall body strength and wellness. You will use a barbell and choose appropriate weighted plates. Express Bar offers a full body workout with movements such as squats, presses, lifts, and curls.

SENIOR STRENGTH TRAINING

This class will help improve balance, flexibility, and strength. The class is designed for those that prefer a workout without the added impact to joints. Portions of class include aerobics, cardio, strength training, and a bit of yoga.

