



September 2022 Group Exercise Schedule

Kent County YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1		Boot Camp 6 am		Boot Camp 6 am			
	Zumba Jackie 8 am	Core & More Kristen 8:30 am	Pilates Jackie 8 am	Core & More Kristen 8:30 am	Yogalates Jackie 8 am	BODYPUMP Nick 8 am	
		Step Jackie 9:30 am	Yoga Deb 9:30 am	BODYPUMP Kristen 9:30 am	Yoga Deb 9:30 am		Yoga Mary/Kate 9 am
		Chair Yoga Jean 11:30 am		Yoga Kristen 12 pm	Outdoor Pickleball 12 pm	Zumba Cari 10 am	
	Strength Interval John 5 pm	Yoga Mary 5:30 pm	Strength Interval John 6 pm	Yoga Mary 5:30 pm			
Pilates Joe 6 pm			Zumba Cari 7 pm				
GYMNASIUM	Pickleball 7 am full court						
	Strength Jackie 9:30 am		Zumba Jackie 9:30 am		Step Interval Jackie 9:30 am		Step Interval Jackie 9:30 am
	Low Impact Laura 10:45 am	Drum Fitness* Tina 10:45 am	Low Impact Tina 10:45 am	Chair Fitness Tina 10:45 am	Low Impact Tina 10:45 am		
	Pickleball 3 pm full court	*Registration Required	Pickleball 3 pm full court	Pickleball 9 am full court			
STUDIO 2		Group Cycle* Mitch 9 am			Group Cycle* Mitch 6 am	Group Cycle* Mitch 9 am	
		*Registration Required			*Registration Required	*Registration Required	



Group Exercise Class Descriptions

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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.