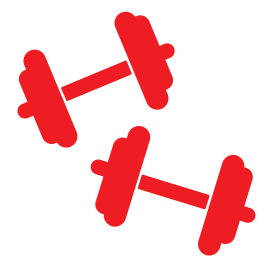




September 2022 Group Exercise Schedule

Cranston YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	Les Mills Grit 5:15 pm – 5:45 pm Ashley Registration Required	Yoga Stretch 9:00 am – 10:00 am Larissa	Silver Sneakers Classic 10:30 am – 11:30 am Jean	Interval Training 9:00 am – 10:00 am Larissa	Zumba 9:30 am – 10:30 am Fatima	Les Mills BodyPump 9:00 am – 9:45 am Ashley Registration Required	Hip Hop Fit 10:00 am – 11:00 am Tameekah
	Zumba 6:00 pm – 7:00 pm Elsa	Les Mills BodyPump 5:30 pm – 6:30 pm Lisa	Zumba 6:00 pm – 7:00 pm Elsa	Silver Sneakers Yoga Stretch 10:30 am – 11:30 am Jean	Les Mills Grit 5:15 pm – 5:45 pm Ashley Registration Required		
STUDIO 2		Hip Hop Fit 6:30 pm – 7:30 pm Tameekah		Les Mills BodyPump 5:30 pm – 6:30 pm Lisa	Cardio Dance 6:00 pm – 7:00 pm Lisa		
	Cycle 5:30 am – 6:00 am Kristin Registration Required	Cycle 5:00 pm – 5:45 pm Ashley Registration Required	Cycle 5:30 am – 6:00 am Kristin Registration Required	Cardio Dance 6:30 pm – 7:30 pm Lisa	Cycle 5:00 pm – 5:45 pm Ashley Registration Required	Cycle 8:00 am – 8:45 am Ashley Registration Required	
POOL		Water Aerobics 9:00 am – 10:00 am Tracey Shallow End		Water Aerobics 9:00 am – 10:00 am Tracey Shallow End	Deep Water Workout 3 – 4 pm	Aqua Fit 5:30 pm – 6:25 pm Erica	





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! 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 as 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 (HITT) workout designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

LES MILLS BODYPUMP®

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, BODYPUMP gives you a total body workout. It will surely 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.

