



October 2022 Group Exercise Schedule

Cranston YMCA

Revised 10.25.2022

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 8:00 am - 9 am Robin	Yoga Stretch 9:00 am - 10:00 am Larissa	Yoga 8:00 am - 9 am Robin	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 <small>Registration Required</small>	Hip Hop Fit 10:00 am - 11:00 am Tameekah
Les Mills Grit 5:15 pm - 5:45 pm Ashley <small>Registration Required</small>		Silver Sneakers Classic 10:30 am - 11:30 am Jean	Silver Sneakers Yoga Stretch 10:30 am - 11:30 am Jean			
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		Les Mills Grit 5:15 pm - 5:45 pm Ashley <small>Registration Required</small>		
	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		
			Cardio Dance 6:30 pm - 7:30 pm Lisa			

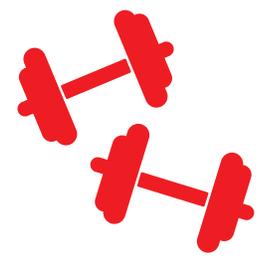


STUDIO 2

Cycle 5:30 am - 6:00 am Kristin <small>Registration Required</small>	Les Mills Sprint 5:30 - 6:30 am Robin	Cycle 5:30 am - 6:00 am Kristin <small>Registration Required</small>		Cycle 8:00 am - 8:45 am Ashley <small>Registration Required</small>
Les Mills Sprint 5:30 - 6:00 pm Hanoi	Cycle 5:00 pm - 5:45 pm Ashley <small>Registration Required</small>	Les Mills Sprint 5:30 - 6:00 pm Hanoi	Cycle 5:00 pm - 5:45 pm Ashley <small>Registration Required</small>	

POOL

Water Aerobics 9:00 am - 10:00 am Tracey <small>Shallow End</small>	Water Aerobics 9:00 am - 10:00 am Tracey <small>Shallow End</small>	Aqua Fit 5:30 pm - 6:25 pm Erica
	Deep Water Workout 3 - 4 pm	





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

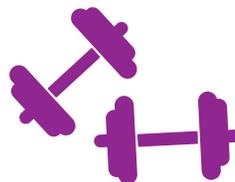
This class is an on and off the bike workout. the class begins with a warm-up and first cycle song, then the intervals alternate between being on and off the bike and the segments focus on cardio and strength exercises.

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 (HITT) 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 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 sure burn calories.

LES MILLS SPRINT®

This is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact.

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.