



November 2022 Group Exercise Schedule

Newman YMCA

MONDAY

HIIT
8:00 am – 9:00 am
Michelle A
Gymnasium

Water Exercise
8:45 am – 9:30 am
Tori
Pool

Chair Yoga
10:00 am – 10:45 am
Eva
Circle Room by the front desk

Zumba
5:30 pm – 6:30 pm
Robyn
1/2 Gymnasium

TUESDAY

Cycle
8:00 am – 9:00 am
Dean
Gymnasium

Express Barbell
9:15 am – 10:00 am
Michelle A
Gymnasium *New Class*

WEDNESDAY

Strength & Conditioning
8:00 am – 9:00 am
Michelle A
Gymnasium

Water Exercise
8:45 am – 9:30 am
Tori
Pool

Chair Yoga
10:00 am – 10:45 am
Eva
Circle Room by the front desk

THURSDAY

Cycle
8:00 am – 9:00 am
Dean
Gymnasium

Body Combat
4:30 pm – 5:30 pm
Jillian

Zumba
5:30 pm – 6:30 pm
Robyn
1/2 Gymnasium

Water Exercise
6:30 pm – 7:15 pm
Patti
Pool

FRIDAY

Cycle
8:00 am – 9:00 am
Michelle A
Gymnasium

Water Exercise
8:45 am – 9:30 am
Tori
Pool

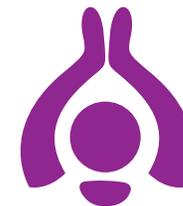
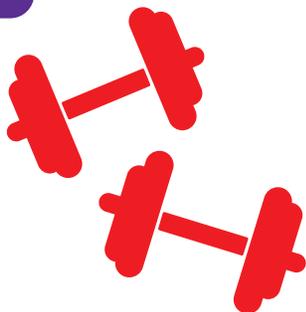
Senior Strength
10:00 am – 10:45 am
Michelle A
Circle Room by the front desk

SATURDAY

Tone
7:30 am – 8:30 am
Juliette
Circle Room by the front desk

Cycle
7:45 am – 8:45 am
Dean
Gymnasium

Body Combat
9:00 am – 10:00am
Jillian





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.

