



January 2023 Exercise Schedule

Kent County Ymca

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

STUDIO 1

Boot Camp
6:00am

Boot Camp
6:00am

Core & More
Kristin 8:30am

Core & More
Kristin 8:30am

Body Pump
Nick 8:00 am

Body Pump
Kristin 9:30 am

Body Pump
Kristin 9:30 am

Yoga
Deb 9:30 am

No BODYPUMP Jan 7th & 14th

Strength Interval
John 5:00 pm

Chair Yoga
Jean 11:30 am

Yoga
Deb 9:30 am

No Core & More Jan 12th

No Body Pump Jan 12th

Drum for
Parkinsons*
Tina 11:30 am
*Registration Required

Yoga
Mary 5:30 pm

Drum for
Parkinsons*
Tina 11:30 am
*Registration Required

Music &
Movement
9:00am
KIDS CLASS
*Registration Required

Yoga
Ann 9:00 am

Pilates
Joe 6:00 pm

Yoga
Mary 5:30 pm

Strength Interval
John 6:00 pm

Zumba
Cari 7:00pm

Zumba
Cari 10:00am

Gymnasium

Strength
Kristin 9:30 am

Strength
Kristin 9:30 am

Interval
Kristin 9:00 am

No Strength Jan 6th

Low Impact
Kristin 10:45 am

Drum Fitness
Tina 10:45 am
*Registration Required

Low Impact
Tina 10:45 am

Chair Fitness
Tina 10:45 am

Low Impact
Kristin 10:45 am

Tina teaching Jan 6th

STUDIO 2

Group Cycle*
Mitch 9am
Registration Required

Group Cycle*
Mitch 6 am
Registration Required

Group Cycle*
Mitch 9am
Registration Required

Pedal for
Parkinson's*
John 11:30 am
Registration Required

Pedal for
Parkinson's*
John 11:30 am
Registration Required

Group Cycle*
Bianka 5:30 pm
Registration Required

\$\$ - Indicates a fee-based program

Classes, Days, Times & Instructors are subject to change without notice.



Group Exercise Class Descriptions

Kent County YMCA

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.