



# March 2023 Group Exercise Schedule

# Cranston YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO 1</b>	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 Registration Required*	Hip Hop Fit 10:00 am - 11:00 am Tameekah
	Tai Chi 10 am - 11 am Jane	Silver Sneakers® Circuit 10:30 am - 11:30 am Jean	Silver Sneakers® Classic 10:30 am - 11:30 am Jean	Silver Sneakers® Yoga Stretch 10:30 am - 11:30 am Jean	AOA Strength and Fitness 10:30 am - 11:30 am Jean	Tai Chi 10:15 am - 11 am Jane	
	Les Mills Grit 5:15 pm - 5:45 pm Ashley Registration Required*	Les Mills BodyPump 5:30 pm - 6:30 pm Lisa Registration Required*	Adaptability in Martial Arts for Adults 5 pm - 6 pm Henry	Les Mills BodyPump 5:30 pm - 6:30 pm Lisa Registration Required*	Les Mills Grit 5:15 pm - 5:45 pm Ashley Registration Required*	Adaptability in Martial Arts for Adults 11 am - 12 pm Henry	
	Zumba® 6:00 pm - 7:00 pm Elsa	Hip Hop Fit 6:30 pm - 7:30 pm Tameekah		Zumba® 6:30 pm - 7:30 pm Elsa	Cardio Dance 6:00 pm - 7:00 pm Lisa		
		Cardio Dance 7:30 pm - 8:30 pm Lisa					
<b>STUDIO 2</b>	Cycle 5:30 am - 6:00 am Kristin Registration Required*	Les Mills Sprint 5:30 pm - 6:30 am Robin	Cycle 5:30 am - 6:00 am Kristin Registration Required*	Cycle 5:00 pm - 5:45 pm Ashley Registration Required*		Cycle 8:00 am - 8:45 am Ashley Registration Required*	
		Cycle 5:00 pm - 5:45 pm Ashley Registration Required*					
<b>POOL</b>	Deep Water Workout 3:00 pm - 4:00 pm	Shallow Water Aerobics 9:00 am - 10:00 am Tracey	Shallow Water Aerobics 9:00 am - 10:00 am Tracey	Shallow Water Aerobics 9:00 am - 10:00 am Tracey	Aqua Fit 5:30 pm - 6:30 pm Erica		
		Deep Water Workout 3:00 pm - 4:00 pm	Deep Water Workout 9:00 am - 10:00 am	Deep Water Workout 3:00 pm - 4:00 pm 8:00 pm - 9:00 pm	Deep Water Workout 2:00 pm - 3:00 pm		



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### ADAPTABILITY IN MARTIAL ARTS FOR ADULTS

Sensei Henry Tow, 7th degree Black Belt is introducing a new program for the older student that focuses on health and well-being. This class will adapt Karate exercises focused on training the mind and body on balance, muscle coordination and awareness.

### 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 (HIIT) 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.

### 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.

### AOA 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.

### TAI CHI

This is a low impact exercise that promotes health and longevity. Benefits include improved balance, lower blood pressure, strength building, and stress reduction. Join us in the "accessible to everyone" exercise class.

### 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.