



# September 2023 Group Exercise Schedule

Kent County Ymca

STUDIO 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Boot Camp 6:00am	Pilates Jackie 8:00am	Boot Camp 6:00am	Pilates Jackie 8:00am		
Zumba Jackie 8:00am	Core & More Kristin 8:30am		Core & More Kristin 8:30am	Yoga Deb 9:30 am	Body Pump Nick 8:00 am	Yoga Ann 9:00 am
Yoga Deb 9:30 am	Step Jackie 9:30 am	Silver Sneakers Jean 11:45 am	Body Pump Kristin 9:30 am	Low Impact Kristin 10:45 am		
	Chair Yoga Jean 11:45 am		Yoga Mary 5:30 pm		Zumba Cari 10:00am	
Pilates Kristin 6:00 pm	Yoga Mary 5:30 pm	Les Mills Tone Paige 5:30 pm	Zumba Cari 7:00pm			

Gymnasium

Boot Camp Circuit Kristin 6:00 am *In Fitness Center				Step Interval Jackie 9:30 am		
Strength Jackie 9:30 am	Boot Camp Circuit Kristin 9:30 am *In Fitness Center	Zumba Jackie 9:30 am				Step Interval Jackie 9:30 am
Low Impact Kristin 10:45 am	Drum Fitness Tina 10:45 am *Registration Required	Low Impact Tina 10:45 am	Silver Sneakers Tina 10:45 am	Boot Camp Circuit Kristin 9:30 am *In Fitness Center		
Boot Camp John 5:00 pm		Boot Camp John 6:00 pm *In Fitness Center		Drum Fitness Tina 10:45 am *Registration Required		

STUDIO 2

Group Cycle* Kristin 9:30am Registration Required	Group Cycle* Mitch 9am Registration Required	Drum for Parkinsons* Tina 11:30 am *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	Group Cycle* Bianka 5:30 pm Registration Required	Pedal for Parkinson's* John 11:30 am Registration Required	Drum for Parkinsons* Tina 11:30 am *Registration Required	

\*\*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.

**Boot Camp** – Increase strength and cardiovascular endurance in the class by doing calisthenics as well as using various types of equipment. This class takes place in the fitness center near the Synergy equipment.

**Boot Camp Circuit** – This class takes place in the fitness center using the Synergy equipment. Participants do various activities & exercises while moving in a circuit format around the Synergy station.

**Chair Yoga** – A yoga class using a chair for seated and standing poses. All abilities can feel successful in this class.

**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.

**Les mills Tone** – Mix of lunges, squats, functional training and tubing exercises, to help you burn calories and take your fitness to the next level.

**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.

**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.