



## December Group Exercise Schedule

## Kent County YMCA

\*\*Schedule is subject to change without notice.\*\*

Updated: 11/26/24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Studio 1</b>		<b>Boot Camp</b> Mitch 6:00am	<b>Pilates</b> Jackie 8:00am	<b>Boot Camp</b> Mitch 6:00am	<b>Pilates</b> Jackie 8:00am	<b>Les Mills</b> <b>Body Pump</b> Nick 8:00am	<b>Yoga</b> Ann 9:00 am
	<b>Yoga</b> Deb 9:30am	<b>Step</b> Jackie 9:30am	<b>Strength</b> Kristin 9:30am	<b>Les Mills</b> <b>Body Pump</b> Kristin 9:30am	<b>Les Mills</b> <b>Body Balance</b> Nancy 9:30am		
		<b>Chair Yoga</b> Jean 11:45am	<b>Les Mills</b> <b>Body Balance</b> Nancy 10:30am	<b>Chair Yoga</b> Jean 11:45am	<b>Low Impact</b> Kristin 10:45am		
	<b>Drum Fitness</b> Lorna 5:00pm <small>*Registration Required</small>			<b>Yoga</b> Dee 5:30pm	<b>Cardio Dance</b> Lorna 5:00pm		
	<b>Pilates</b> Joe 6:00pm		<b>Les Mills</b> <b>Tone</b> Paige 5:20pm	<b>Zumba</b> Cari 7:00pm			
		<b>Les Mills</b> <b>Body Pump</b> Angela 6:15pm					

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

<b>Studio 2</b>	<b>Group Cycle*</b> Kristin 9:30am <small>*Registration Required</small>	<b>Group Cylce*</b> Mitch 8:30 am <small>*Registration Required</small>	<b>Drum for Parkinson's*</b> Tina 11:45 am <small>*Registration Required</small>	<b>Group Cycle*</b> Tracey 9:30am <small>*Registration Required</small>	<b>Group Cycle*</b> Mitch 6:00am <small>*Registration Required</small>	<b>Group Cylce*</b> Mitch 9:00am <small>*Registration Required</small>
		<b>Pedal for Parkinson's*</b> John 11:30am <small>*Registration Required</small>	<b>Group Cycle*</b> Mitch 5:30pm <small>*Registration Required</small>	<b>Pedal for Parkinson's*</b> John 11:30am <small>*Registration Required</small>	<b>Drum for Parkinson's*</b> Tina 11:45am <small>*Registration Required</small>	
				<b>Strength</b> Lorna 5:30pm		



## Group Exercise Class Descriptions

## Kent County YMCA

**Beginner latine Dance** - An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

**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.

**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 Body Balance** - Improve your mind, body and life. This class incorporates Yoga, Tai Chi and Pilates while using breathing control as part of all exercises.

**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.

**Silver Sneakers** - 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.

**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** - Involves using various types of resistance to challenge and build your muscles. Benefits include burning more fat, avoiding injury, improve mood, boost confidence and keep young & healthy.

**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.