



November 2024 Group Exercise Schedule

Cranston YMCA

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Les Mills BodyPump 9 am - 9:55 am Angela	Yoga Stretch 9:00 am - 10:00 am Larissa	Silver Sneakers® Classic 10:30 am - 11:30 am Jean	Interval Training 9:00 am - 10:00 am Larissa	Zumba 9:30 am - 10:30 am Fatima Registration Required*	Les Mills BodyPump 9:00 am - 9:45 am Ashley	Hip Hop Fit 10:00 am - 11:00 am Tameekah
Tai Chi 10 am - 11 am Jane	Silver Sneakers® Classic 10:30 am - 11:30 am Elsa	Adaptability in Martial Arts for Adults 4:30 pm - 5:30 pm Henry	Silver Sneakers® Yoga Stretch 10:30 am - 11:30 am Jean	AOA Strength 10:40 am - 11:30 am Jean	Tai Chi 10:15 am - 11 am Jane	XTreme Hip Hop Step 11:05 am - 12:00 pm Tameekah Registration Required*
Les Mills Grit 5:15 pm - 5:45 pm Ashley and Robin	Les Mills BodyPump 5:30 pm - 6:30 pm Lisa	Les Mills Body Pump 5:30 pm - 6:30 pm Emily	Les Mills BodyPump 5:30 pm - 6:30 pm Lisa	Les Mills Grit 5:15 pm - 5:45 pm Ashley	Adaptability in Martial Arts for Adults 11 am - 12 pm Henry	
Zumba® 6:30 pm - 7:30 pm Elsa	Hip Hop Fit 6:30 pm - 7:30 pm Tameekah	XTreme Hip Hop Step 7:30 pm - 8:30 pm Tameekah Registration Required*		Cardio Dance 6:00 pm - 7:00 pm Lisa		
	Cardio Dance 7:30 pm - 8:30 pm Lisa					



STUDIO 2

Cycle 5:30 am - 6:00 am Kristin Registration Required*	Les Mills Sprint 5:30 am - 6:00 am Robin Registration Required*	Cycle 5:30 am - 6:00 am Kristin Registration Required*		Cycle 8:00 am - 8:45 am Ashley Registration Required*
Cycle Rhythm and Ride 5:30 pm - 6:00 pm Hanoi Registration Required*	Cycle 5:00 pm - 5:45 pm Ashley Registration Required*	Cycle Rhythm and Ride 5:30 pm - 6:00 pm Hanoi Registration Required*	Cycle 5:00 pm - 5:45 pm Ashley Registration Required*	

POOL

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
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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 students 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! It focuses on breathing exercises, stretching, yoga postures, and 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 cycle song, then the intervals alternate between being on and off the bike. The segments focus on cardio and strength exercises.

HIP-HOP FIT

With 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 (HITT) workout designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbells, weight plates 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 sure 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.

XTREME HIP-HOP STEP

This class is a cardio workout utilizing a horizontal step bench with choreographed and traditional Step moves to upbeat music. It is a stress relieving activity with great caloric burn!

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.