



# January 2025 Group Exercise Schedule

# Cranston YMCA

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**STUDIO 1**

Les Mills BodyPump  
9 am - 9:55 am  
Angela

Yoga Stretch  
9:00 am - 10:00 am  
Larissa

Les Mills Strength  
Development  
9:30 am - 10:15 am  
Ashley  
Registration Required\*

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

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

Silver Sneakers®  
Classic  
10:30 am - 11:30 am  
Jean

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  
5:00 pm - 5:30 pm  
Ashley

Les Mills BodyPump  
5:30 pm - 6:30 pm  
Lisa

Adaptability in Martial  
Arts for Adults  
4:30 pm - 5:30 pm  
Henry

Les Mills BodyPump  
5:30 pm - 6:30 pm  
Lisa

Les Mills Grit  
5:00 pm - 5:30 pm  
Ashley

Adaptability in Martial  
Arts for Adults  
11 am - 12 pm  
Henry

Les Mills Strength  
Development  
5:45 pm - 6:30 pm  
Ashley  
Registration Required\*

Hip Hop Fit  
6:30 pm - 7:30 pm  
Tameekah

Les Mills Body Pump  
5:30 pm - 6:30 pm  
Emily



Cardio Dance  
6:00 pm - 7:00 pm  
Lisa



Zumba®  
6:30 pm - 7:30 pm  
Elsa

Cardio Dance  
7:30 pm - 8:30 pm  
Lisa

XTreme Hip Hop Step  
7:30 pm - 8:30 pm  
Tameekah  
Registration Required\*

**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 - 5:30 pm  
Ashley  
Registration Required\*

Cycle Rhythm and Ride  
5:30 pm - 6:00 pm  
Hanoi  
Registration Required\*

Cycle  
5:00 pm - 5:30 pm  
Ashley  
Registration Required\*

Les Mills Pilates  
5:35 pm - 6:05 pm  
Ashley

Les Mills Pilates  
5:35 pm - 6:05 pm  
Ashley

**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





# January 2025 Group Exercise Schedule

Cranston YMCA

## 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 (HIIT) 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 PILATES

This 30-minute mind and body workout improves strength, mobility and happiness.

## 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.

## LES MILLS STRENGTH DEVELOPMENT - HEROES

Teaches the essential elements of strength training, including slow and controlled movements, functional exercises, and dynamic core training. Registration required and fee based.

## 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.