



**REGISTRATION IS REQUIRED FOR ALL GROUP FITNESS CLASSES & PROGRAMS**

Please call or stop by the Welcome Center to Register

All Group Fitness Classes are FREE for Members

Non-Member Drop In Rates:  
\$5.00-\$10.00

PROGRAMS:

Program Fees May Vary, Please Call or Stop by  
The Welcome Center for More Information

specialty fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Spinning™ HEIDI 5:45am-6:30am		Spinning™ BREN 5:45am-6:30am		
Strength & Sweat ANGIE 7:45am-8:30am	Pilates KIMI 8:00am-8:30am	Y360 8:00am-8:45am	Tone KIMI 7:30am-8:00am		
Aqua Aerobics MICHELE 9:30am-10:15am		Aqua Aerobics EMILY 9:30am-10:15am	This Class is Free to Members and is held at Ford Ave Y 3rd floor studio	Aqua Aerobics EMILY 9:30am-10:15am	Strong & Steady MARISA 9:00am-9:45am No Class 4/26
Gentle Stretch MICHELE 11:00am-12:00pm	TAI CHI Starting April 8th Program \$\$ ARLANA 11:30am-12:30pm	Timeless Classics DAVE 12:00pm-1:00pm	Y360 Step 8:15am-9:00am		High/Low Fitness KIMI 10:15am-11:15am No Class 4/26
Kimi Kardio KIMI 12:15pm-1:00pm	Gentle Yoga ARLANA 1:00pm-2:00pm		Gentle Stretch MICHELE 11:00am-12:00pm	Body Blitz KIMI 12:00pm-12:25pm	Ignite Circuit MARISA 11:00am-11:30am No Class 4/26
Dance Fit Fusion KALISSA 4:30pm-5:15pm No Class 4/21	Cycling MICHELLE 4:30pm-5:15pm No Class 4/15	Chair Yoga ARLANA 3:45pm-4:45pm	Cycling MICHELLE 5:30pm-6:15pm No Class 4/17	YO KIMI 12:35pm-1:05pm	This Class is Free to Members and is held at Ford Ave Y 3rd floor studio
Total Body MICHELLE 5:30pm-6:15pm No Class 4/14 & 4/21	Hit The Beat MARISA 5:45PM-6:15PM	Strength & Stretch Yoga ARLANA 5:00pm-6:00pm		These Classes are Free to Members and is held at Ford Ave Y 3rd floor studio	
Cardio Sport KIMI 6:30pm-7:00pm	Active8 Starting March 4th Program \$ MARISA 6:30pm-7:15pm	Strength Training With Joe JOE 5:30pm-6:30pm	Active8 Starting March 4th Program \$ MARISA 6:30pm-7:15pm	Shuffle & Shine MARISA 5:30pm-6:15pm	
This Class is Free to Members and is held at Ford Ave Y 2nd Floor Gym		Aqua Aerobics EMILY 5:45pm-6:30pm No Class 4/9	HIGH Fitness KIMI 7:15pm-8:15pm	SWEAT & SHRED GLOW NIGHTS MARISA & KIMI Friday April 25th 5:30pm-6:15pm CLASS WILL BE HELD AT FORD AVE Y <u>Last Friday of Every Month</u>	
			This Class is Free to Members and is held at Ford Ave Y 2nd Floor Gym		

**Aqua Classes:** These classes use water resistance to help improve strength, endurance, balance, body tone and function. Classes will use floats and water weights. Try each class and find your best fit. The morning classes are taught in the Therapy Pool and Lap Pool.

**Body Blitz:** 25 minutes of high intensity, short intervals for increased overall strength targeting every muscle. Using Dumbbells & body weight exercises you will blast calories, and increase strength.

**Cardio Sport:** The ultimate workout for sports enthusiasts! This high-energy, branded class uses sports drills and dynamic moves to make you feel like you're actually playing a game. The intensity of the drills and movements sync with the music that feels like a rock concert. Incorporating a ball into the workout, you'll improve agility, coordination, and endurance while having fun.

**Chair Yoga:** A gentle beginner's class in which we use the chair for support through all poses, either standing next to the chair or sitting in it. Emphasis is on exploring range of motion; breathing exercises; and developing greater flexibility. No mat needed, just comfortable, stretch clothing.

**Cycling:** A 45-minute cycling journey that will challenge the body and the mind. Get a great workout along with an awesome musical playlist. Water bottle and towel required.

**Dance Fit Fusion:** Prepare for an exciting 35-40 minute workout that seamlessly combines the power of dance, strength training, and Pilates. Rhythm and Strength is a full-body workout designed to elevate your heart rate with high-energy dance moves while sculpting and toning muscles through strength and Pilates exercises. This class targets both cardio and muscle endurance, giving you a total-body workout that leaves you feeling energized, strong, and empowered. With every beat, you'll build strength, improve flexibility, and have fun—making this workout perfect for you!

**Gentle Stretch:** This class is designed to stretch, tone and strengthen the entire body. This class will help improve your flexibility, circulation, and posture and relieve stress.

**Gentle Yoga:** This class is designed for people who want to start at the beginning and learn the basics of yoga poses. We will focus on proper alignment, breathing and understanding the benefits of each pose. We will explore some modifications and adjustments of poses, and learn how to use props such as blocks and straps to help us relax more deeply into poses. This is a mat class so participants should feel comfortable getting up from and going down to the floor.

**HIGH / Low Fitness:** A low impact workout, HIGH / Low is highly adaptable to all fitness levels, and it focuses on the heart rate remaining in a manageable yet constant and challenging, aerobic state for the majority of the class. With modern music and easy to follow choreography you are always going to get a good sweat!

**HIGH Fitness:** High fitness takes old-school aerobics to the next level with modern fitness techniques such as HIIT, Plyometrics, Intervals of Strength and Cardio.

**Hit The Beat:** Are you ready to get that burst of energy? This class is designed to help you conquer your workout with strength, stamina, and a smile! This class engages every muscle group, and is the perfect combination of cardio and strength to renew your energy. Get ready to punch, dance, and sweat your way to a healthier, happier you!

**Ignite Circuit:** This fast-paced bootcamp circuit features 1-minute intervals per exercise, combining strength, cardio, and endurance to maximize results in minimal time. Each round targets a different muscle group, keeping your heart rate up and your body challenged.

**Kimi Kardio:** Are you up for an 45 minute adventure? Come ready to workout and sweat with Kimi. It may be beatboxing, High/Low Fitness, Zumba, Step or something else. It will be a surprise!

**Shuffle & Shine:** Get ready to move, groove, and have a blast! This upbeat class teaches popular step-based routines like the Electric Slide, Cupid Shuffle, and more. Perfect for all levels, you'll learn easy-to-follow moves set to great music while improving coordination, rhythm, and confidence. Whether you're preparing for a special event or just looking for a fun way to stay active, this class is a great way to step into the beat. No partner needed. Just bring your energy and a smile! Last Friday of every month will be Sweat & Shred Glow Night

**Pilates:** Pilates is a form of strength training that focuses on improving muscle tone, endurance and stability. Pilates is a type of exercise in which you perform a series of controlled movements with precision for a total body workout.

**Spinning™:** Is more than a workout—it's a journey designed to energize your mind and body. With a focus on energy zones, heart rate monitoring, and tailored bike movements, these classes cater to all fitness levels. Whether you're building endurance, boosting strength, or burning fat, you'll ride through thoughtfully crafted profiles designed to maximize results.

**Strength & Stretch Yoga:** A gentle flowing class, beneficial for intermediate students, with emphasis on slow movement through the available range of motion, gradually building strength and flexibility.

**Strength & Sweat:** Lift strong, sweat hard, feel amazing! This high energy class will combine muscle-building strength training with heart pumping cardio to deliver a full body workout. You'll sculpt, tone and boost endurance! Expect compound exercises, empowering moves, and plenty of sweat!

**Strength Training w/ Joe:** Each class begins with a warm up, then an instructional portion, then everyone has time to perform the day's lifts while being watched by an experienced lifting coach. Whether you are a complete beginner in the gym or an experienced lifter, this class aims to be an educational time to build strength & confidence with the heavy lifts and an encouraging atmosphere to progress in.

**Strong and Steady:** Enhance core stability, balance, and overall strength. Using a stability ball and a variety of strength exercises, this class challenges your muscles in new ways while improving coordination and flexibility.

**Timeless Classics:** Activities that are perfectly tailored to senior individuals wishing to improve cardiovascular endurance, flexibility, functional strength, and balance. A low impact class geared for those who are new or returning to exercise.

**Tone:** Takes toning tracks and combines them with Barre, Abs and Arms tracks to create a full body (BOOTY FOCUSED) low impact workout that will take your fitness to the next level. This no equipment format uses simple set choreography to create a steady state workout.

**Total Body:** A workout that aims to hit all the major muscle groups in one single session. Classes will focus on different areas including exercises for back, legs, chest, shoulders, arms & core.

**YO:** Upbeat yoga inspired, modern music driven stretching format. This workout incorporates stretching, strength and balance to improve overall health, and shows what a difference stretching can make in our lives and for our bodies. Get ready to move to your favorite tunes and get your sweat on.

**Y360 Step:** This class will be streamed on a TV from our virtual platform Y360 in the front studio

**Y360:** These classes will be streamed on a TV from our virtual platform Y360 in the front studio. Each week will focus on Cardio, Strength and toning.