



GROUP FITNESS CLASS SCHEDULE

NOVEMBER 2024 - Calhoun County YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

****CLASS SPACE IS LIMITED - FIRST COME FIRST SERVE****

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	CYCLE Gene in Studio 3 5:15-6:00am	CORE & MORE Chris in Studio 2 5:15-6:00am	CYCLE Gene in Studio 3 5:15-6:00am	CORE & MORE Chris in Studio 2 5:15-6:00am	CYCLE & STRENGTH Chris in Studio 3 5:15-6:00am	
8:00am 8:15am	ZUMBA Yessy in Studio 2 8:15-9:15am	PUMP Angela in Studio 2 8:00-9:00am	ZUMBA STRONG Juana in Studio 2 8:15-9:00am	PUMP Angela in Studio 2 8:00-9:00am	ZUMBA Yessy in Studio 2 8:15-9:15am	
9:00am 9:30am	SILVERSNEAKERS CLASSIC Mischelle in Studio 2 9:30-10:15am	STEPPING TO THE OLDIES Joshalyne in Studio 2 9:30-10:15am	SILVERSNEAKERS CIRCUIT Mischelle in Studio 2 9:30-10:15am	STEPPING TO THE OLDIES Joshalyne in Studio 2 9:30-10:15am	SILVERSNEAKERS CLASSIC Mischelle in Studio 2 9:30-10:15am	Y-FIT Mari in Studio 1 9:00-10:00am
10:30am		SILVERSNEAKERS BOOM MOVE Mischelle in Studio 2 10:30-11:15am				
5:15pm 5:30pm	Y-FIT Blanca in Studio 1 5:30-6:30pm	Y-FIT Blanca in Studio 1 5:15-6:15pm		KETTLEBELLS Blanca in Studio 1 5:15pm-6:15pm		
	YOUTH CARDIO BOXING Bobby in Studio 2 5:30-6:30pm	BASIC YOGA Joshalyne in Studio 2 5:30-6:30pm		BASIC YOGA Joshalyne in Studio 2 5:30-6:30pm		
6:30pm 6:45pm	CARDIO BOXING Bobby in Studio 2 6:30-7:30pm	ZUMBA Yessy in Studio 2 6:45-7:45pm	ZUMBA Yessy in Studio 2 6:30-7:30pm	ZUMBA Yessy in Studio 2 6:45-7:45pm	Ages 16 and older permitted in group fitness classes, unless otherwise noted	



CLASS DESCRIPTIONS

ZUMBA Dance your way to a fitter you with unique music, Latin-inspired dance moves and rhythms!

Y-FIT Group fitness class utilizing a prescription of constantly varied functional movements executed at high intensity. Weight-lifting, running, rowing, and more! Within the workouts, movements can be scaled down (or up!) for any level of fitness, so they're challenging every time.

CORE & MORE A workout for your core and MORE using resistance bands, weights, and other tools, as well as body weight exercises such as squats, lunges, crunches, and planks.

KETTLEBELLS Strength – Cardio – Core! Intermediate level class with novice and advanced modalities. Using kettlebells, class participants are taken through a variety of movements all designed to develop overall body strength, mobility, internal energy, work capacity, and vitality. Extreme all-round fitness!

CYCLE Indoor cycling is a great cardiovascular workout! Pedal through hill climbs, sprints, and many other challenging drills and exercises.

CYCLE & STRENGTH Combines indoor cycling with cardio and strength intervals for total body workout!

CARDIO BOXING This class incorporates the traditional training movements of a boxer with a cardio workout focusing on footwork and toning the arms, legs, glutes, and core.

YOUTH CARDIO BOXING AGES 15 AND UNDER

PUMP A group strength training workout that targets and challenges all major muscle groups using barbells and weights.

BASIC YOGA Calm your mind, build strength in the core and balance in the body, as well as increasing flexibility and range of motion.

STEPPING TO THE OLDIES A low impact workout that involves the option of stepping on and off a raised platform to improve cardiovascular fitness and muscle strength.

SILVERSNEAKERS CLASSIC Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated and standing support.

SILVERSNEAKERS CIRCUIT Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.