



# GROUP FITNESS CLASS SCHEDULE

## FEBRUARY 2025 – 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           | <b>CYCLE</b><br>Gene in Studio 3<br>5:15-6:00am                        | <b>CORE &amp; MORE</b><br>Chris in Studio 2<br>5:15-6:00am                | <b>CYCLE</b><br>Gene in Studio 3<br>5:15-6:00am                        | <b>CORE &amp; MORE</b><br>Chris in Studio 2<br>5:15-6:00am             | <b>CYCLE &amp; STRENGTH</b><br>Chris in Studio 3<br>5:15-6:00am  |  |
| 8:00am<br>8:15am | <b>ZUMBA</b><br>Yessy in Studio 2<br>8:15-9:15am                       | <b>PUMP</b><br>Angela in Studio 2<br>8:00-9:00am                          | <b>ZUMBA STRONG</b><br>Juana in Studio 2<br>8:15-9:00am                | <b>PUMP</b><br>Angela in Studio 2<br>8:00-9:00am                       | <b>ZUMBA</b><br>Yessy in Studio 2<br>8:15-9:15am   |  |
| 9:00am<br>9:30am | <b>SILVERSNEAKERS CLASSIC</b><br>Mischelle in Studio 2<br>9:30-10:15am | <b>STEPPING TO THE OLDIES</b><br>Joshalyne in Studio 2<br>9:30-10:15am    | <b>SILVERSNEAKERS CIRCUIT</b><br>Mischelle in Studio 2<br>9:30-10:15am | <b>STEPPING TO THE OLDIES</b><br>Joshalyne in Studio 2<br>9:30-10:15am | <b>SILVERSNEAKERS CLASSIC</b><br>Mischelle in Studio 2<br>9:30-10:15am   | <b>Y-FIT</b><br>Mari in Studio 1<br>9:00-10:00am |
| 10:30am          |  | <b>SILVERSNEAKERS BOOM MOVE</b><br>Mischelle in Studio 2<br>10:30-11:15am |  |  |  |  |
| 5:15pm<br>5:30pm | <b>Y-FIT</b><br>Blanca in Studio 1<br>5:30-6:30pm                      | <b>Y-FIT</b><br>Blanca in Studio 1<br>5:15-6:15pm                         |  | <b>KETTLEBELLS</b><br>Blanca in Studio 1<br>5:15pm-6:15pm              | <div style="border: 2px solid purple; border-radius: 20px; padding: 10px; background-color: #800080; color: white; font-weight: bold;"> <p><u>CLASS UPDATES</u></p> <p>Mondays<br/>6:30pm<br/>Beginner Cycle<br/>has resumed!</p> </div> |  |
|                  | <b>YOUTH CARDIO BOXING</b><br>Bobby in Studio 2<br>5:30-6:30pm         | <b>BASIC YOGA</b><br>Joshalyne in Studio 2<br>5:30-6:30pm                 |  | <b>BASIC YOGA</b><br>Joshalyne in Studio 2<br>5:30-6:30pm              |  |  |
| 6:30pm<br>6:45pm | <b>CARDIO BOXING</b><br>Bobby in Studio 2<br>6:30-7:30pm               | <b>ZUMBA</b><br>Yessy in Studio 2<br>6:45-7:45pm                          | <b>ZUMBA</b><br>Yessy in Studio 2<br>6:30-7:30pm                       | <b>ZUMBA</b><br>Yessy in Studio 2<br>6:45-7:45pm                       | <div style="border: 2px solid gray; border-radius: 20px; padding: 10px; background-color: #d3d3d3;"> <p>Ages 16 and older<br/>permitted in group<br/>fitness classes, unless<br/>otherwise noted</p> </div>                              |  |
|                  | <b>BEGINNER CYCLE</b><br>Rocio in Studio 3<br>6:30-7:30pm              |   |  |  |  |  |



# 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.