GROUP FITNESS CLASS SCHEDULE

JUNE 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	**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** Joshalyn in Studio 2 9:30-10:15am	**SILVERSNEAKERS CIRCUIT** Mischelle in Studio 2 9:30-10:15am	**STEPPING TO THE OLDIES** Joshalyn 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** Joshalyn in Studio 2 5:30-6:30pm		**BASIC YOGA** Joshalyn 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 6:30-7:30pm			
	BEGINNER CYCLE Rocio in Studio 3 6:30-7:30pm	**ZUMBA** Yessy in Studio 2 6:45-7:45pm		**ZUMBA** Yessy in Studio 2 6:45-7:45pm		

CLASS UPDATES

****Classes have resumed****
Tuesday/Thursday:
Stepping to the Oldies
Basic Yoga

Ages 16 and older permitted in group fitness classes, unless otherwise noted

the Y 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.

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.

SILVERSNEAKERS BOOM A higher intensity workout that improves cardio endurance and burns calories. BOOM is all about breaking a sweat and having fun. The class focuses on cardio endurance with simple dance moves then building into a more complex sequence.