



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

YMCA of Greene County

September 2023

MONDAY			
8:00-8:30	Pool	Aqua Stretch	Sue H.
8:00-8:30	GES	Pilates	Noelle
8:00-9:00	GES 2	Spin	Holly
8:30-9:30	Pool	Water Fit	Sue H.
8:35-9:20	GES	Dance-Dance	Rhonda
9:25-10:10	GES	Stay Fit	Rhonda
9:30-10:15	GES 2	Cycle + Core	Victoria
10:15-11:00	GES	Yoga	Stacy
4:00-5:00	YG	Kids In Motion	Luke
4:15-5:00	GES	Step Challenge	Jolynn
5:10-6:00	GES	Yoga Flow	Rachel
5:30-6:00	GES 2	Express 30	Kristy
5:00-6:00	Pool	Water Fit	Linda
6:30-7:30	GES	RIP	Denise

TUESDAY			
6:30-7:30	YG	Self Defense	Al
8:00-8:55	GES	Vinyasa Yoga	Rachel
8:30-9:30	Pool	Water Fit	Ellen
9:15-10:00	GES	Strength and Sculpt	Lisa/Rhonda
10:00-11:00	YG	Balance and Mobility	Sue/Nancy
10:15-11:00	GES	Barre	Danielle
11:15-12:00	GES	Yoga	Danielle
11:15-12:00	GES 2	Parkinson's	Sue/Nancy
4:15-5:00	GES	Tabata Tuesday	Jolynn
5:15-6:00	GES	Pop HIIT	Margo
5:15-6:00	GES 2	TRX	Aneta
5:00-6:00	Pool	Water Fit	Linda
6:30-7:30	GES	Warm Yoga	Rachel

WEDNESDAY			
8:00-8:30	Pool	Aqua Stretch	Sue H.
8:00-8:30	GES	Pilates	Noelle
8:00-9:00	GES 2	Spin	Holly
8:30-9:30	Pool	Water Fit	Sue H.
8:35-9:20	GES	Dance-Dance	Rhonda
9:25-10:10	GES	Stay Fit	Rhonda
10:15-11:00	GES	Yoga	Sue R.
5:15-5:55	GES	Yoga	Sheila
5:30-6:00	GES 2	Express 30	Kristy
6:30-7:30	GES	RIP	Denise

THURSDAY			
6:30-7:30	YG	Self Defense	Al
8:00-8:55	GES	Vinyasa Yoga	Rachel
8:30-9:30	Pool	Water Fit	Ellen
9:15-10:00	GES	Strength and Sculpt	Lisa/Rhonda
10:00-11:00	YG	Balance and Mobility	Sue/Nancy
10:15-11:00	GES	Barre	Danielle
11:15-12:00	GES	Yoga	Danielle
11:15-12:00	GES 2	Parkinson's	Sue/Nancy
1:00-2:00	YG	Home School PE 9/7	Kristy
4:00-5:00	YG	Kids In Motion	Luke
4:15-5:00	GES	Shred	Jolynn
5:00-6:00	Pool	Water Fit	Linda
5:15-6:00	OFT	Total Body Workout	Aneta
6:30-7:30	GES	Warm Yoga	Rachel

FRIDAY			
8:00-8:30	Pool	Aqua Stretch	Sue H.
8:00-9:00	GES 2	Cycle	Holly
8:15-9:00	GES	RIP	Margo
8:30-9:30	Pool	Aqua Dance	Sue H.
9:15-9:45	GES	Dance Fit	Margo
10:00-11:00	GES	Yoga Fusion	Margo
11:15-12:15	GES	Yoga	Amanda
5:00-5:55	GES	Yoga with a Focus	Lena
5:30-6:00	GES 2	Cycle	Denise

SATURDAY			
8:00-8:55	GES	Yoga Flow	Rachel
10:00-10:45	GES	WOD	Jimmy

GES: Group Exercise Studio

GES 2: Group Exercise Studio

YG: Youth Gym

***OFT: Outdoor Fitness Track**

***GES in case of bad weather**

***Home School P.E.
begins Thursday,
September 7 @ 1 p.m.**

**Pilates is now offered
twice a week!
(Monday & Wednesday)**

Childwatch Hours: Monday-Friday 8 a.m.-12 p.m.

Monday-Thursday 4 p.m.-8 p.m.

Youthwatch Hours: Monday-Thursday 4 p.m.-8 p.m.

All classes are geared toward all participants & fitness levels.

Youth (ages 9-12) may attend if accompanied by an adult.

***Bolded class* indicates a change in time, instructor or class.**

CLASS DESCRIPTIONS

All classes are instructed using a variety of modifications making them suitable for beginning to advanced participants. The best part, there is no competition. We are all trying to improve our personal performance! Instructors are happy to show modifications for any exercise!

Aqua Stretch (water class): Stretching performed in shallow water focusing on increased flexibility, strength and balance.

Aqua Dance (water class): A high energy, low-impact workout. The water creates natural resistance to tone the entire body. Perfect for those looking to add a safe, effective workout with low impact on their joints.

Balance and Mobility: Designed to improve and maintain mobility. Focusing on balance, strength and aerobic activities.

Barre: Low-impact strength routine using postures inspired by Ballet, Pilates and Yoga. The ballet barre is used for balance while focusing on isometric strength training combined with high reps of small range of motion movements.

Cycle: High-intensity, low-impact workout utilizing stationary bikes. Improve strength and cardiovascular conditioning paired with motivating music to keep you coming back!

Cycle + Core: Up your game with a heavy sweat cycle session finishing off with a variety of different core exercises. This class is designed around two features- cycle and then abs in the second section of the class.

Dance-Dance: A fitness program that brings music and dance together. Alternating fast and slow rhythms to incorporate interval training and cardiovascular improvements.

Dance Fit: Be ready to shake it & drop it with an all over body workout. Dancing to music and moves you love!

Express 30: A 30 minute ride designed for all levels of cyclists.

H.I.I.T: High Intensity Interval Training a total body workout, with constant change! To keep the body guessing! Combines strength, cardio &

Home School P.E. / Kids in Motion: Appropriate for Kindergarten to 8th grade. Active games, circuit stations, obstacle courses, yoga, dancing, etc. Anything goes in these classes to keep youth engaged and moving!

Pilates: For your ultimate core power! Beyond abdominal work and core stability, pilates is excellent for improving back strength, spine health and balance. The class is geared toward the capabilities of the participants. Suitable for all ages and fitness levels.

Parkinson's: Helps improve coordination and motor skills. Movements that can increase agility, flexibility and balance. This class is free to members and non-members.

Pop HIIT: Combining choreographed aerobic/strength moves with awesome music will have you forgetting you are even working out! High Intensity Interval Training meets Quake/Hip Hop!

RIP: Barbell workout that incorporates functional strength training. Every movement plane is attacked using weights and bodyweight. Features safe and motivating exercises using traditional strength training to allow participants to work at their own level.

Self Defense: Learn self-defense techniques through this total body workout developed from Karate mixed with boxing. Increase strength, improve coordination and relieve stress. Designed for all levels.

Spin: Incorporates cardio, endurance and flexibility by combining high-intensity, low-impact cycling. Warm your muscles on the bike then and increase your flexibility off the bike!

Stay Fit: Designed for any fitness level. Classes incorporate a variety of equipment to increase muscle strength, joint stability, coordination and balance.

Step Challenge: Intermediate to advanced step combinations are featured in this cardio routine for a fun and challenging class! Being familiar with step terminology and movements are recommended, but not required.

Shred: 45 intense minutes. There's a little something for everyone, but the key ingredient in SHRED is motivation. Shred workouts often involve low weights and high reps with moderate cardio.

Strength and Sculpt: Weight based class of lifting and toning through isometric holds and isolated movements.

Tabata Tuesday: A form of High Intensity Interval Training (HIIT) that involves 20 seconds of bursts of activity followed by 10 seconds of rest for 8 rounds.

Total Body Workout/WOD: The total body workout that strengthens muscle, works on agility and improves flexibility using bodyweight, resistant bands, dumbbells and more.

TRX: Challenges your entire body in all planes of motion creating a huge metabolic effect and helps you build lean, toned muscle. TRX stands for Total Resistance Exercises and is a form of specialized suspension training kit. It leverages the user's body weight and gravity to workout and builds flexibility, balance, core stability, and strength simultaneously.

Vinyasa Yoga: Designed to challenge you with a flowing, dynamic sequence of poses. Increase your physical and mental awareness while building strength, flexibility and endurance.

Water Fit: Mid to high-intensity water aerobic exercises performed through a combination of deep and shallow water.

Yoga: Learn and master slow, controlled movements that serve to increase blood flow, balance, flexibility, strength and mind-body connection. Classes focus on building a firm foundation to instill confidence in your practice.

Yoga Flow: Experience exercises for your mind, body and soul. Class starts with a seated centering and is marked by a flowing style that links movement with breath.

Yoga Fusion: This low-impact yet high-intensity workout combines Pilates and Yoga. Further develop core strength and stabilization through Pilates. Improve your flexibility, muscular strength, posture alignment and relaxation through yoga.

Yoga with a Focus: This class is good for beginners or those who practice often. Instruction includes focus on a Pose of the Month. Each month students build skill and muscle memory in the selected pose, working on alignment, strength and length in the body. Added benefits are general well being and focus.

Warm Yoga: The purpose of practicing yoga in a hot, humid room is to increase heart rates for a more intense workout, and for the heat to allow muscles to loosen. The group exercise room will be heated to approximately 85 degrees.

