



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

YMCA of Greene County

November 2023

MONDAY

8:00-8:30	Pool	Aqua Stretch	Sue H.
8:00-9:00	GES 2	Spin	Holly
8:00-9:00	GES	Dance-Dance	Rhonda
8:30-9:30	Pool	Water Fit	Sue H.
9:15-10:00	GES	Country Fit	Rhonda
9:30-10:15	GES 2	Cycle + Core	Victoria
10:15-11:15	GES	Yoga	Stacy
4:00-5:00	YG	Kids In Motion	Dre
4:15-5:00	GES	Step Challenge	Jolynn
5:10-6:00	GES	Yoga Flow	Rachel
5:00-6:00	Pool	Water Fit	Linda
6:30-7:30	GES	RIP	Denise

TUESDAY

6:30-7:30	YG	Self Defense	Al
8:00-8:30	Pool	Aqua Stretch	Ellen
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
4:30-5:00	GES 2	Cycle	Denise
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.
8:00-9:00	GES 2	Spin	Holly
8:00-9:00	GES	Dance-Dance	Rhonda
8:30-9:30	Pool	Water Fit	Sue H.
9:15-10:00	GES	Country Fit	Rhonda
10:00-11:00	YG	Balance and Mobility	Nancy
10:15-11:00	GES	Yoga	Sue R.
5:15-5:55	GES	Yoga	Sheila
6:30-7:30	GES	RIP	Denise

THURSDAY

6:30-7:30	YG	Self Defense	Al
8:00-8:30	Pool	Aqua Stretch	Ellen
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	Dillon
4:00-5:00	YG	Kids In Motion	Dre
4:15-5:00	GES	Shred	Jolynn
4:30-5:00	GES 2	Cycle	Dillon
5:00-6:00	Pool	Water Fit	Linda
5:15-6:00	GES	Intermediate Yoga	Victoria
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

SATURDAY

8:00-8:55	GES	Yoga Flow	Rachel
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REMINDER:
We will be closed
November 23 & 24

**HAPPY
THANKSGIVING!**

GES: Group-Ex Studio
GES 2: Group-Ex Studio 2
YG: Youth Gym

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.

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

All classes are geared toward all participants & fitness levels.

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

CLASS DESCRIPTIONS

Classes are instructed with a variety of modifications. They are suitable for beginning to advanced participants. We are each on a journey to get stronger & become balanced and flexible. If you have questions how to better improve yourself, ask a certified instructor before, during, or after class!

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

Aqua Dance (water class): High energy, low-impact water workout, creates natural resistance to tone the entire body. For a safe, effective workout, with low impact on joints, try Aqua Dance.

Balance and Mobility: Improve and maintain mobility. Focusing on balance, strength, and moderate 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.

Country Fit: Get energized & fit with weights, bands & variety of fitness strategies, including country line dancing! Healthy Country Fun! Tee-Hal!

Cycle: High-intensity, low-impact workout, on 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 and a variety of affective core exercises. Designed around two features- cycle (cardio) and core (for strength and power).

Dance-Dance: Brings music and dance together! Alternating fast and slow rhythms to incorporate interval training and cardiovascular improvements. With a special focus and OBLIQUE strength.

H.I.I.T: High Intensity Interval Training, a total body workout, with constant change to keep the body guessing!

Home School P.E. / Kids in Motion: Appropriate for Kindergarten to 8th grade. Active games, circuit stations, obstacle courses, yoga, dancing, etc. A fun mixture designed to keep kids engaged and moving!

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. Forget you are working out and enjoy interval training with tasteful Pop and Hip Hop music for everyone!

RIP: Barbell workout with functional strength training. Every plane of the body is addressed using weights and bodyweight. Safe, motivating, traditional exercises, allowing participants to work at their own level.

Self Defense: Learn self-defense techniques through this total body workout. A FUSION of Karate and Boxing. Increase strength, improve coordination, and relieve stress. Designed for all levels.

Shred: 45 intense minutes! a little something for everyone! The key ingredient in SHRED is motivation! Shred workouts involve low weights and higher reps with moderate cardio.

Spin: Cardio endurance, flexibility, combined, for high-intensity, low-impact cycling. Warm your muscles on the bike then and increase your flexibility off the bike!

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.

Strength and Sculpt: Weight based strengthening 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.

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

Warm Yoga: Practice yoga in a warm room to increase flexibility, for a thorough workout, allowing muscles to relax. The group exercise room will be heated to approximately 85 degrees.

Water Fit: Mild to high-intensity water aerobic exercises performed through a combination of deep and shallow water. A safe place for all levels.

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. 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.

Intermediate YOGA: Familiar with Yoga? Ready to move through postures and hold a little longer? Build strength, mobility AND flexibility.