



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

## YMCA of Greene County

### October 2024

#### MONDAY

<b>5:30-6:30</b>	<b>GES</b>	<b>Rise and Grind</b>	<b>Rhonda</b>
8:00-8:30	Pool	Aqua Stretch	Sue H.
8:00-9:00	GES 2	Spin	Holly
8:00-8:50	GES	Dance and Sculpt	Rhonda
8:30-9:30	Pool	Water Fit	Sue H.
9:00-10:00	GES	Country Fit	Rhonda
9:30-10:15	GES 2	Cycle + Core	Victoria
10:15-11:15	GES	Yoga	Stacy
<b>1:00-2:00</b>	<b>Pool</b>	<b>Water Fit</b>	<b>Dinnia</b>
4:00-5:00	YG	Kids in Motion	Shiloh
4:15-5:00	GES	Step Challenge	Jolynn
5:00-6:00	Pool	Water Fit	Linda
5:10-6:00	GES	Yoga Flow	Rachel
6:30-7:30	GES	RIP	Denise

#### TUESDAY

6:30-7:30	YG	Self Defense	Al
6:45-7:30	GES	Athletic Stretching	Dillon
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
10:00-11:00	YG	Balance and Mobility	Renee/Nancy
10:15-11:00	GES	Barre	Danielle
11:00-12:00	Pool	Gentle Water Fit	Linda
11:15-12:00	GES	Yoga	Danielle
11:15-12:00	GES 2	Parkinson's	Nancy
4:15-5:00	GES	Tabata Tuesday	Jolynn
5:00-6:00	Pool	Water Fit	Linda
5:15-6:00	GES	Strength and Sculpt	Margo
<b>6:30-7:30</b>	<b>GES</b>	<b>Warm Yoga</b>	<b>Denise</b>

#### WEDNESDAY

<b>5:30-6:30</b>	<b>GES</b>	<b>Rise and Grind</b>	<b>Rhonda</b>
8:00-8:30	Pool	Aqua Stretch	Sue H.
8:00-9:00	GES 2	Spin	Holly
8:00-8:50	GES	Dance and Sculpt	Rhonda
8:30-9:30	Pool	Water Fit	Sue H.
9:00-10:00	GES	Country Fit	Rhonda
10:15-11:00	GES	Yoga	Sue R.
1:00-2:00	YG	Homeschool P.E.	Shiloh
<b>1:00-2:00</b>	<b>Pool</b>	<b>Water Fit</b>	<b>Dinnia</b>
5:15-5:55	GES	Yoga	Sheila
6:30-7:30	GES	RIP	Denise

#### THURSDAY

6:30-7:30	YG	Self Defense	Al
6:45-7:30	GES	Athletic Stretching	Dillon
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
10:00-11:00	YG	Balance and Mobility	Renee/Nancy
10:15-11:00	GES	Barre	Danielle
11:00-12:00	Pool	Gentle Water Fit	Linda
11:15-12:00	GES	Yoga	Danielle
11:15-12:00	GES 2	Parkinson's	Nancy
4:00-5:00	YG	Kids in Motion	Shiloh
4:15-5:00	GES	Shred	Jolynn
5:00-6:00	Pool	Water Fit	Linda
<b>6:30-7:30</b>	<b>GES</b>	<b>Warm Yoga</b>	<b>Denise</b>

#### FRIDAY

<b>5:30-6:30</b>	<b>GES</b>	<b>Rise and Grind</b>	<b>Rhonda</b>
8:00-8:30	Pool	Aqua Stretch	Sue H.
8:00-9:00	GES 2	Spin	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
<b>1:00-2:00</b>	<b>Pool</b>	<b>Water Fit</b>	<b>Dinnia</b>
5:00-5:55	GES	Yoga with a Focus	Lena
6:15-7:00	GES	Lower Body Workout	Mandy

#### SATURDAY

8:00-8:55	GES	Yoga Flow	Rachel
9:15-10:00	GES	Upper Body Workout	Mandy
11:00-12:00	Pool	Gentle Water Fit	Linda

All classes are geared toward all participants and fitness levels.

**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.

\*Bolted 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.

**Athletic Stretching:** A combination of static and dynamic stretches designed to help with flexibility, balance and stability.

**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! Yee-Haw!

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

**Gentle Water Fit:** Low water aerobic exercises performed in shallow water. A safe place for all levels.

**Home School P.E.:** 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!

**Kids in Motion:** Appropriate for Kindergarten to 8th grade. Active games, circuit stations, obstacle courses, yoga, dancing, etc. Anything goes in this class to keep youth engaged and moving!

**Lower Body Workout:** A workout focusing on legs and glutes. Incorporating free weights and resistance bands to strengthen and tone those muscles. It's a great workout for people of all 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.

**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.

**Rise and Grind:** A fast paced blend of strength and cardio to get your day started off with a bang. Stop in anytime for a great workout!

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

**TRX:** 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.

**Upper Body Workout:** A workout focusing on chest, shoulders, back and arms. Incorporating free weights and resistance bands to strengthen and tone those muscles. A great class for people of every fitness level.

**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:** Mid 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.